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Doctors safely separate twins joined at head

MELBOURNE Hospital officials say that twin Bangladeshi girls who were joined at the top of their heads and shared brain tissue have successfully been separated after 25 hours of delicate surgery.

Leo Donnan, chief of the Royal Children's Hospital, says that both girls are doing "very well" after the surgery, which concluded late last night. He says the next step is reconstructive surgery, which will last many hours.

A team of 16 surgeons and nurses began work Sunday on separating the two-year-old Bangladeshi orphans, Trishna and Krishna, who were brought to Australia as infants by an aid organization. Doctors had given them a 25 per cent chance of surviving the separation surgery without brain damage or other major problems.

THE ASSOCIATED PRESS

News on the Move

What's this barcode for?
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Sports pg 22

Pressure high for Yzerman

On the web
Visit metronews.ca for news updates

Fundraiser **Trimming the tree**

MARK DESROSIERS/FOR METRO OTTAWA

A Rideau Centre employee puts the finishing touches on a tree at the 12th annual Trees of Hope corporate tree decorating contest and tree lighting ceremony at the Fairmont Château Laurier last night. The event was a fundraiser for the Children's Hospital of Eastern Ontario.

Council OK's Lansdowne

City to start on design talks

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The Lansdowne Partnership Plan is moving forward.

In what Orleans Coun. Bob Monette described as "history in the making," city council voted to approve a modified version of the Lansdowne Partnership Plan by a margin of 15 votes to nine last night.

This means the city will enter into more detailed design negotiations with approval not coming until next June.

That is contingent on meeting provisions including a final review of the financial projections of the plan, developing a suitable transportation strategy and a review of the retail impact.

Minto Chair and CEO Roger Greenberg, chief proponent for the Ottawa Sports and Entertainment Group, called it a very strong vote by council to move forward.

The arrangement — approved at the end of yesterday's 11-hour meeting — calls for renovating the Frank Clair stadium and the civic centre and a competitive design process for the eastern half of the park, including the Aberdeen Pavilion and the Horticulture Building.

Alta Vista Coun. Peter Hume called the amended plan a good path out of a bad process.

"People will be envious of what we create," he said.

Capital Ward Coun. Clive Doucet made an emotional appeal to reject the plan, saying the process involved in developing the plan was too divisive to be good for Ottawa.

"This has shattered the city," he said. "It was for love of my city that I tried to protect Lansdowne Park."

Glebe BIA executive director Catherine Lindquist called the decision disappointing for many citizens who had spoken out against the plan, but expressed optimism that area merchants might have some input into retail development.

"We do need some vision. We do need some special destination retail and uses. We hope we will be at the table to help address that for the city," she said.

Translation needed for H1N1 info, Liberals tell Ottawa

Flu Outbreak

HEALTH The Liberals are urging the federal government to translate H1N1 pamphlets into dozens of languages, but local public health officials say Ontario is already reaching out to linguistic minorities.

"Across the country, we are hearing again and again (about) the lack of information in languages that Canadians can understand, in the 60, 70, languages that need to be there (and) that it is folly to just hand a press release or an information package out to ethnic media, (expecting) them to do the translation," Liberal MP Carolyn Bennett said yesterday. Bennett called on the federal government to take on translation so that local public health units can concentrate on administering the H1N1 vaccine.

"We are hearing again and again (about) the lack of information in languages that Canadians can understand..."
Liberal MP Carolyn Bennett

"It's the right thing to do," Bennett said, adding that it would also avoid a duplication of efforts and ensure accuracy. She could not provide any specific examples of these problems.

TORSTAR NEWS SERVICE

MORE H1N1 COVERAGE, PAGE 3

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- Auto
- 54,784 km
- St: PR0335

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2005 Mazda 3 GX
- Mnl
- A/C • CD
- 70,891 km
- St: PR0337

$9,950

$108* BI-WEEKLY

2009 Mitsubishi Eclipse GS
- Auto • A/C
- Mags • Load
- 13,641 km
- St: PR0344US

$18,950

$159*** BI-WEEKLY

2008 Nissan Versa
- Load • A/C
- Auto
- 30,985 km
- St: PR0225

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$117*** BI-WEEKLY

2005 Toyota Corolla
- Mnl • A/C
- Cruise • PwrLock
- 97,839 km
- St: PR0243

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$107* BI-WEEKLY

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2008 Toyota Rav4
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- St: PR0317US

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2009 Toyota Sienna LE
- Load • A/C
- Auto • Cruise
- 47,748 km
- St: PR0310US

$27,870

$234*** BI-WEEKLY

2008 Volkswagon Jetta
- Load • A/C
- Auto • Cruise
- 57,765 km
- St: PR0325US

$17,380

$146*** BI-WEEKLY

2006 Volvo S60 2.5T
- AWD • Auto
- Load
- 65,548 km
- St: PR0306

$21,650

$204** BI-WEEKLY

2006 Ford F150
- 4WD • Auto
- Lthr • Load
- 54,428 km
- St: E1195

$25,840

$243** BI-WEEKLY

2005 Honda Accord LX-G
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- Auto • Cruise
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$108*** BI-WEEKLY

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- Auto • Mags
- 61,116 km
- St: E1253US

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- St: E1218

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Local

Temporary boilers on the job

Significant progress has been made in the installation of new temporary boilers at a Gatineau plant and at a temporary site adjacent to the Cliff Plant following a boiler explosion there that killed a 50-year-old engineer Oct. 19, Public Works and Government Services Canada said yesterday. All buildings on the Cliff Plant distribution system are currently receiving steam. PWGSC is continuing its investigation into the blast. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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News in brief

ROBBERY Ottawa police are seeking two black males in their 20s following a robbery in Vanier Sunday night. Police said at 7 p.m., a male dressed in dark clothing with his face covered with a black bandana entered Luay's Supermarket at 406 McArthur Rd. with a handgun. Two suspects fled on foot with cash. METRO OTTAWA

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What's online today.

Video Canada's outgoing commander in Afghanistan offers parting words for troops at **metronews.ca/canada**

Blogs Sexcetera's Josey Vogels seeks stories from couples for her next book

Lotteries

Ontario Pick 3: 288; **Ontario Pick 4:** 3543
Encore: 0625012
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These results are not official.

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Clinics set to reopen tomorrow

Priority groups extended as 100,000 doses to arrive this week

Flu Outbreak

TRACEY TONG
tracey.tong@metronews.ca

With another 100,000 doses of the H1N1 vaccine expected to arrive in the city this week, Ottawa public health expects to have enough doses to reopen vaccination clinics tomorrow.

"I'm pleased to report to you today that Ottawa public health is planning on re-opening the clinics on Wednesday with the promise of a more steady supply of vaccine," said Coun. Diane Deans during a briefing to council yesterday.

The clinics were suspended here last Thursday after the city ran out of vaccines.

"We have asked for at least 100,000 doses to come in throughout the week and we do expect that this request will be met," she said.

In accordance with provincial direction, Ottawa public health is also extending the priority group to include elementary school-aged children and those over 65 years of age with chronic medical conditions, Deans said.

"We are looking towards a sustained and steady supply of sufficient vaccine to be able to do this, as well as keep our alternative delivery agent approach going," said Ottawa's medical officer of health Dr. Isra Levy.

The vaccines — the next shipment of which is expected to number at least 30,500 adjuvanted doses — were expected to arrive as early as last night or this morning, Levy said.

Although public health is constantly looking for new ways to improve vaccine delivery, there are no plans to deliver pandemic vaccinations in schools, he said.

TRACEY TONG/METRO OTTAWA

Ottawa's medical officer of health Dr. Isra Levy talks to the press outside Andrew Haydon Hall yesterday while Coun. Diane Deans looks on. Deans, who provided the H1N1 update to council, said the city expects to receive 100,000 doses of the vaccine this week.

General populace

- Although public health expected to vaccinate 40 per cent of the population, Levy said he intends on vaccinating "more than that if we can," and that vaccines may become available to the general population sooner than a few weeks' time.

In the meantime, interest in the vaccine remains strong, he said.

"There are good reasons why people should get the vaccine as soon as it's available," Levy said. "The current level of community activity seems to be decreasing, but pandemic influenza strain is certainly going to be circulating in our community for the balance of this influenza season and will be back probably next influenza season."

Although the city may have seen the peak of the virus for this surge, "we continue to see a lot of busyness within the hospitals and I do expect we will be seeing more severe disease and unfortunately, I expect we will be reporting more deaths."

Police, fire officials rule out Molotov cocktail in Saturday blaze

A joint investigation into a fire at a women's rooming house Saturday night by the Ottawa police arson unit and the city's fire department has ruled out a Molotov cocktail as the cause.

Initial reports were that a Molotov cocktail was thrown through a first-floor window at 230 Nepean St. at around 11:39 p.m., but investigators said yesterday that is not the case.

The building is a rooming house for around 20 women. Most of them are new to Canada and required short-term accommodations. There were no injuries in the blaze.

The fire, which caused $100,000 in damage to the building and contents, remains under investigation, said Ottawa fire department spokesman Pierre Savary.

TRACEY TONG/METRO OTTAWA

Local artists among folk honourees

MUSIC The nation's capital will celebrate the best in Canadian folk music when it plays host to the fifth annual Canadian Folk Music Awards this week.

Chris McKhool

The awards recognize Canada's outstanding writers, producers and performers of folk music. Nominees from, or originally from the Ottawa area include Maggie G.'s Around The House With Maggie G. and Chris McKhool's FiddleFire! for Children's Album of the Year; William Hawkins' Dancing Alone: Songs by William Hawkins for English Songwriter of the Year; Cantarra's Beautiful Air for Vocal Group of the Year and Lynne Hanson's Eleven Months for New/Emerging Artist of the Year.

Cantarra

Lynne Hanson

Events begin on Thursday with the Silence at the Heart of Things at the Mayfair Theatre, followed by the nominee showcase concert at the National Arts Centre Friday.

The gala ceremony is held at the Dominion Chalmers United Church Saturday night.

TRACEY TONG/METRO OTTAWA

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Humane Society offer

During November, adopt a bird, guinea pig, or rat from the Ottawa Humane Society and receive 25 per cent off the adoption fee. METRO OTTAWA

Fair trade gifts for sale

STEVE COLLINS
for Metro Ottawa

Christmas shoppers who care where their gifts come from and who made them can choose from a wide array of fair trade products at the Ten Thousand Villages Festival Sale at the Ottawa Mennonite Church this month.

Ten Thousand Villages, which has held church sales for over 20 years, opened its first permanent store on Richmond Road in 1999 and its second on Bank Street in 2007.

"There certainly is an increased awareness over the years of what fair trade is, but there still certainly are lots of people who need to learn. It's not universal knowledge yet," said assistant store manager Kathy Neufeld.

"If they're making something and it's no longer selling in North America, we work with them to develop new products."
Kathy Neufeld, Ten Thousand Villages

The principles of fair trade, she said, include fair wages for producers, safe working conditions and environmental sustainability. It's also about establishing stable, long-term relationships with the artisans who make the products.

"If they're making something and it's no longer selling in North America, we work with them to develop new products," Neufeld said. "We don't just drop them and move onto another group, so it's basically trade they can count on."

While most people have heard of fair trade coffee or chocolate, shoppers can find fair trade jewelry, toys, musical instruments and more from over 30 countries in Africa, Asia and Latin America. The sale runs 3 to 8 p.m. Fridays and 10 a.m. to 4 p.m. Saturdays throughout November at the Ottawa Mennonite Church.

Pre-season cross-country passes now available

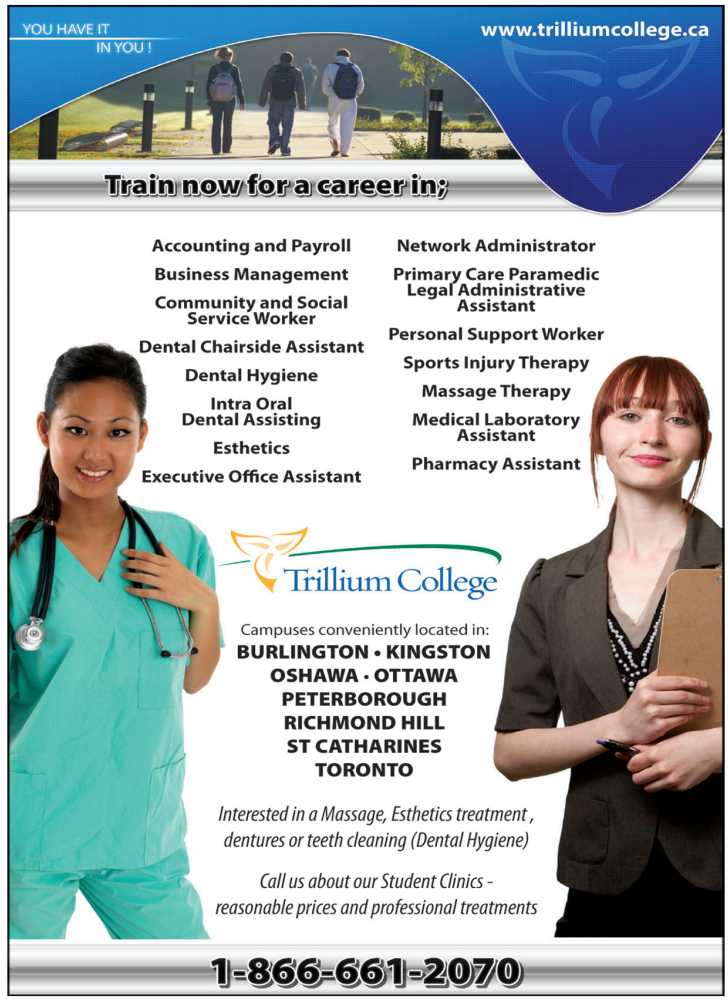
Winter enthusiasts can get in on pre-season deals by buying their Gatineau Park cross-country ski season passes by Dec. 15.

Gatineau Park, which boasts one of North America's most extensive and popular trail networks for cross-country skiing, features over 200 kilometres of groomed ski trails through scenic forests and along frozen lakes and river valleys.

If you're not into skiing, the park also features opportunities for winter camping, snowshoeing and hiking.

For more information on ski passes and cabins, visit the NCC website at www.canadascapital.gc.ca/gatineau or call 819-827-2020.

TRACEY TONG/
METRO OTTAWA



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Montreal mulls larger subway

A larger, more expensive order for new Montreal subway cars could be announced by the end of 2009, says the head of the city's transit authority. Yves Devin said it's up to the Quebec government to announce if the order will be larger than the original forecast of $1.2 billion for 342 cars. THE CANADIAN PRESS

Canada

Green boss recalls lessons of farm

The new leader of Ontario's Green party still hasn't forgotten the lessons he learned growing up on a Kansas farm four decades ago. After all, that small farm is where Mike Schreiner — the Toronto entrepreneur who was the only candidate at a leadership convention in London this past weekend — says his green principles sprouted. "I think every farmer knows that your prosperity is dependent on healthy soil and a healthy environment," said Schreiner. THE CANADIAN PRESS

1 in 5 vaccinated for H1N1: Top doc

SWINE FLU The country's chief public health officer says Canada is leading the world when it comes to the percentage of its citizens vaccinated against the swine flu.

Dr. David Butler-Jones says about 20 per cent of the population has received the H1N1 shot in the last three weeks. Canada has about 33 million people.

"That's just unheard of," he said in an interview while he was attending an international conference on HIV/AIDS in Winnipeg yesterday. "Already we've immunized more people than anybody else in the world as a percentage of our population."

Health Minister Leona Aglukkaq told the House of Commons some jurisdictions will have completed their vaccinations by the end of this week.

Death toll

- At least 161 Canadians have died from the virus since it surfaced in the spring. But Butler-Jones said Canada hasn't suffered as much as other countries.

Health Minister Leona Aglukkaq told the House of Commons some jurisdictions will have completed their vaccinations by the end of this week.

"We had said all along that we were trying to complete the vaccination program by December. In fact, we were early in the rollout of our campaign across the country," she said.

"By the end of this week, we will have over 10.4 million vaccines in provinces and territories."

THE CANADIAN PRESS

ADQ youth want boss gone

POLITICS He announced plans to quit after just 23 days on the job, but members of his party want him gone even sooner.

The Action democratique du Quebec's youth wing wants Gilles Taillon to leave immediately.

Junior members of the third-place Quebec party say it is in the best interests of the ADQ that Taillon leave by mid-week.

The youth wing passed a motion at a meeting Sunday calling for Taillon's departure, and has since made that letter public.

Taillon says he plans to stay until a replacement is chosen

But the youth of the party say Taillon erred when he accused the party establishment of plotting to derail his leadership after he had been in the job less than a month.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper watches a dancer as he appears on Dance Premier League, a reality dance contest show, during a stop at television studios in Mumbai, India, yesterday. Harper is in India to promote economic relations between the country and Canada.

PM savours Bollywood glam

Harper praises Indo-Canadian partnership during India visit

Prime Minister Stephen Harper experienced the complexities and contradictions of India yesterday with a chaotic tour schedule that took him from the gritty and moving scene of a terrorist attack to Bollywood star power and the corridors of business power.

In a luncheon speech to a Mumbai investor audience at a posh hotel, Harper praised the long Indo-Canadian relationship and the huge Indian diaspora in Canada, while emphatically stating that more can be done.

"This South Asian tiger indeed has awoken, and the world is standing in awe," said Harper.

The prime minister later flew to New Delhi for talks with Indian government leaders.

It is Harper's first visit to India since he came to power almost four years ago. With critics complaining that his Conservative government has missed out on opportunities with an emerging economic superpower, Harper delivered an aggressive sales pitch that stressed both the work that's already been done and the promise of more.

"Let's do the math," Harper told the business luncheon audience.

"Between us, our combined GDP is well on the way to $4 trillion. Yet at the moment we are only doing $5 billion worth of business per year. Where we are today is not where we ought to be."

Harper recited all the links between India and Canada, including pluralistic parliamentary democracy, federalism and more than a million Canadians who claim Indian heritage.

He said both countries are emerging from the global economic downturn in good shape, and pitched Canada as a great place to invest."

Harper also visited the studios of Dance Premier League, a wildly popular reality contest show that includes several Indo-Canadian contestants.

THE CANADIAN PRESS

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Youth swing Sikh temple vote

A youth slate seeking a return to more traditional customs claimed victory yesterday in the weekend election at the Guru Nanak Sikh Temple in Surrey, B.C. But members of the Sikh Youth said they weren't sure when — or if — their opponents would surrender control at the temple. THE CANADIAN PRESS

AIDS vaccine closer: Experts

HEALTH Researchers say they are closer than ever to finding a vaccine against HIV/AIDS (acquired immune deficiency syndrome) thanks to people who have had contact with the virus but haven't become infected.

Case studies were shared at a gathering of about 75 international experts in Winnipeg yesterday with the hope of getting another step closer to beating the virus that attacks the immune system.

Dr. Frank Plummer, director of Winnipeg's National Microbiology Laboratory, said he expects to see a vaccine in his lifetime.

"I'm confident that we will get there eventually," Plummer said. "It's not a simple problem. If it was, we would have done it already."

In September, researchers announced that a two-vaccine combination cut the risk of becoming infected with HIV by more than 31 per cent in a trial of more than 16,000 volunteers in Thailand.

THE CANADIAN PRESS

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Nova Scotia **Torch relay**

STEVE WADDEN/THE CANADIAN PRESS

Special Olympian Lynette Sampson, of Sydney River, N.S., holds the Olympic torch high for a large crowd gathered at the Sydney waterfront for the start of the Cape Breton leg of the 2010 Vancouver Olympic torch relay, yesterday in Sydney.

No need to say sorry, says immigration MP

No apology forthcoming for abused migrant kids

Immigration Minister Jason Kenney says there's no need for Canada to apologize for abuse and exploitation suffered by thousands of poor children shipped here from Britain starting in the 19th century.

Australia has apologized for its part in the mistreatment of the so-called home children and the British government has announced it will issue a formal apology next year.

Kenney says he supports a private member's motion to declare 2010 the year of the home child, in remembrance of the "sad period" in Canadian history.

But he says there's limited public appetite for official government apologies for tragic events of the past and no demand for one in this particular case. From 1869 to 1939, an estimated 100,000 orphaned or abandoned youngsters were taken off the streets of Britain and sent to Canada and other former British colonies with the promise of a better life. Many were abused physically and mentally or put to work.

THE CANADIAN PRESS

New book throws accusations at China

FALUN GONG A new book says China is still harvesting organs from Falun Gong prisoners for medical transplants.

The book by former Liberal MP David Kilgour and lawyer-activist David Matas, is an update of two reports they produced on the Chinese organ trade.

It says Falun Gong practitioners are held in labour camps by the tens of thousands and killed for organs.

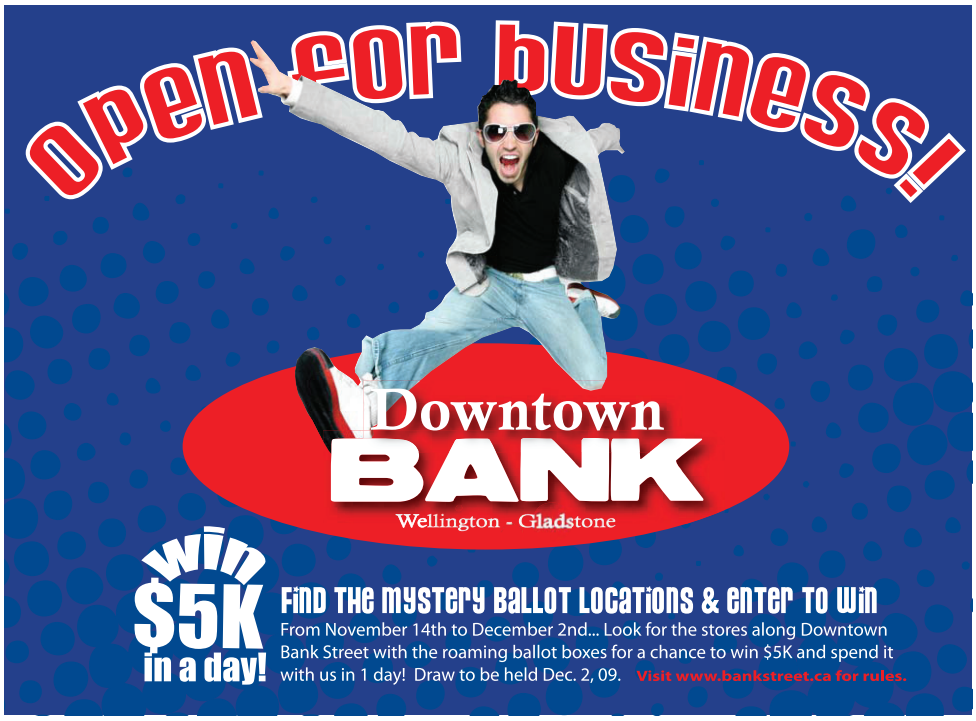
Kilgour and Matas say organs used in Chinese transplants are acknowledged to come from executed prisoners. There is no system of voluntary donations.

But while the number of reported executions has fallen in recent years, the number of transplants has been relatively constant.

"The question is, where do the transplants come from?" Matas asked.

The book says they come from Falun Gong prisoners held in camps which are outside of the Chinese legal system. China has repeatedly denied accusations that it exploits Falun Gong prisoners.

The book offers a series of recommendations, including punitive measures to cut China off from supplies of drugs used in transplants and a ban on allowing Chinese transplant doctors to train abroad. THE CANADIAN PRESS



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Fifth conviction in Bandidos case

A fifth man convicted in the mass slayings of eight men associated with the Bandidos biker gang has declared his intent to appeal. Brett Gardiner was convicted last month of six counts of first-degree murder and two counts of manslaughter. THE CANADIAN PRESS

Airlines, flying schools say Olympics costing them

VANCOUVER 2010 Games

RESTRICTIONS Small airlines and flying schools are facing disruptions caused by air-traffic restrictions during the 2010 Winter Olympics and they're looking for compensation.

The Air Transport Association of Canada is sending Prime Minister Stephen Harper a letter asking for between $3 million and $5 million to cover fixed costs they'll otherwise have to absorb during eight weeks of restrictions covering the Olympic and Paralympic Games in Vancouver.

Carriers flying into Vancouver from small B.C. towns will have to change their routes for about five weeks to ensure all flights go through security screening. And Vancouver-area flying schools say they'll be all but shut down because of restrictions on where they can fly during that period. THE CANADIAN PRESS

News in brief

AUDIT Environment Canada is trying to clean up a toxic spill on its balance sheets. A recently released audit shows the department is owed some $2 million, and roughly a third of the late payments are overdue by more than a year. THE CANADIAN PRESS

Season's top toys honoured

Parents seeking green, educational options: Council

A colourful, peek-a-boo baby play centre, a tumbling top and a reversible costume set are among the top toys for 2010 chosen by the Canadian Toy Testing Council.

Most of the choices this year are educational as well as fun, says the council's Janet Heatherington.

"Obviously parents want to have toys that will educate kids and engage them, teach them good social values for example," she said.

"The kids, of course, they love just to play. What we found with our award winners this year is it was a great, great combination of educational value and just plain fun."

The battery-operated toy of the year is for babies aged six months to 18 months. It's called Songs 'N Smiles Sillytown and uses stacking blocks and a tumble-down slide.

Created by Fisher-Price, the multicoloured toy includes eight peek-and-pop action blocks and over 16 songs and goofy sounds.

For children less than a year old, there's Playskool-Hasbro's Explore 'N Grow Tumble 'N Twirl Top. The brightly coloured, pump-action toy was a hit with several children at a news conference yesterday where the top picks were announced.

PAWEL DWULIT/THE CANADIAN PRESS

Four-year-old Lucca Dyck plays with a V-Tech Light-Up Learning Camera while wearing a Creative Education of Canada Reversible Dragon/Knight Hood during the Canadian Toy Testing Council's 2010 award winning toy press conference in Ottawa yesterday.

For three years and up, reversible costumes for boys and girls got a nod. One goes from dragon to knight, the other turns from Sleeping Beauty to Snow White.

One of the council's Best Bet awards for older kids, in the eight years-plus range, went to How To Draw Funny, a book that gives children tips on making comics.

It is perhaps one of the quietest toys going, allowing budding cartoonists to sit and hone their skills.

Parents this year asked that some environmentally friendly toys be tested, said Heatherington. What the kids flocked to was something most parents might consider a basic toy.

"One of our Best Bet picks is a very standard sand play set," said Heatherington, describing a pail, digging tools and a sandcastle mould, from The Original Green Toy company.

"What was interesting about it was it was made from recycled plastic," she said. "And parents are looking for those kinds of toys." THE CANADIAN PRESS

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Double standard for mining companies?
Activists say a double standard exists among Canadian mining companies, who they say ignore environmental problems abroad. THE CANADIAN PRESS

Watchdog looks at security initiatives

Audit will examine Fintrac, no-fly list

Canada's privacy watchdog will flag potential problems today with the system for zeroing in on cash linked to terrorism and other crimes.

Privacy Commissioner Jennifer Stoddart plans to release an audit highlighting her concerns about practices of the little-known Financial Transactions and Reports Analysis Centre of Canada. She will also disclose findings of a look at Transport Canada's no-fly list — a controversial program she has cast a wary eye upon for years.

Audits of the two national security initiatives will be featured in Stoddart's annual report to Parliament.

The reports analysis centre, or Fintrac, collects, analyzes and discloses personal financial information about suspected money laundering and terrorist financing.

Two years ago the centre did an assessment of the impact of its activities on privacy.

Fintrac found that even though it put strong emphasis on privacy and security of information, steps could be taken to improve compliance with the Privacy Act and related policies.

With the no-fly list, the privacy commissioner has previously expressed concerns that such a list could have serious implications for the travelling public.

Stoddart's office said Transport Canada had not provided studies or evidence to show the effectiveness of no-fly lists.

She worked with Transport Canada to reduce risks to people's personal information but stopped short of endorsing the program.

She said the screening used to administer the no-fly list relies on analysis of large amounts of personal information to assess an individual's risk based on who they are.

"This kind of system is only as reliable as the identity information that feeds it, leading to pressure for the collection and use of greater amounts and more privacy-invasive types of information such as fingerprints and facial recognition ... Some security experts suggest that beefing up physical screening - including more thorough screening of luggage and cargo - would be a more effective approach to enhancing aviation security."

THE CANADIAN PRESS

No-fly list background

- The no-fly list, which came into effect in June 2007, is intended to prevent people considered a threat to aviation security from boarding a flight originating in or heading to Canada.

News in brief

CANCER A long-term study has found that men with low-grade, slow-growing prostate cancer who are managed with "active surveillance" and no radical treatment have an extremely high survival rate. Active surveillance means close monitoring of a patient's PSA, or prostate-specific antigen, levels and periodic biopsies to make sure the cancer isn't spreading — without immediate surgery or radiation therapy. THE CANADIAN PRESS

Drugs not as they seem to be

REPORT A report on illegal drug use says more than half of Quebecers who use so-called designer drugs have no idea what they're consuming when they swallow what they think is ecstasy or speed.

It warns users that they're taking a risk if they think they can trust their pusher.

Benoit Archambault, a spokesman for Health Canada, says what jumps out from a report on drug seizures is that in 54 per cent of cases, the user "doesn't really know what he's swallowing."

Archambault made his comment yesterday while presenting a report that analyzed all synthetic drugs seized in Quebec between June 2007 and July 2008.

THE CANADIAN PRESS

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Palin speaks out about Levi Johnston on Oprah

Sarah Palin says it's "a bit heartbreaking" to see the road the father of her grandson has taken. The former Alaska governor and former Republican vice-presidential candidate appeared on yesterday's episode of The Oprah Winfrey Show, saying Levi Johnston is on a road that is "not a healthy place to be." THE ASSOCIATED PRESS

World

Greenpeace names new director

Kumi Naidoo, left, took over as director of Greenpeace yesterday, bringing experience honed as a teenage opponent of white rule in South Africa and a network of powerful contacts to the battle against global warming. Gerd Leipold, his predecessor at Greenpeace, said Naidoo's appointment is a watershed, both because he is the first African and because he is the first executive director to come from outside the organization. THE ASSOCIATED PRESS

Obama nudges China on freedoms

U.S. President Barack Obama sat down with the Chinese leader last night, hours after he pointedly nudged his host country to stop censoring Internet access, offering an animated defence of the tool that helped him win the White House — and suggesting Beijing need not fear a little criticism.

The president's message during a town hall-style meeting with university students in Shanghai focused on one of the trickiest issues separating China's communist government and the United States — human rights.

"I think that the more freely information flows, the stronger the society becomes, because then citizens of countries around the world can hold their own governments accountable," Obama told students during his first-ever trip to China.

"They can begin to think for themselves."

The first-term U.S. president and his delegation later arrived at the Forbidden City for Obama's third meeting with Chinese President Hu Jintao, where trade and economic issues were expected to dominate.

The two leaders then sat down for what was expected to be a lavish dinner behind the walls surrounding the ancient city that was once home to Chinese emperors. They were scheduled to meet again today.

Obama's message, aside from his proddings on human rights, was clear: Few global challenges can be solved unless the world's only superpower and its rising competitor work together. THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama greets students yesterday at a town hall-style event in Shanghai.

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Rwandan genocide conviction overturned

TANZANIA A UN appeals court yesterday overturned the conviction of the former Rwandan president's brother-in-law, who had been sentenced to 20 years for organizing a massacre that left about 1,000 dead during the 1994 genocide.

The judge said that serious errors had been committed during Protais Zigiranyirazo's 2008 conviction and sentencing, and ordered him to be released immediately.

Zigiranyirazo, 71, stood in disbelief in the courtroom. "God is great and justice has been done," he told The Associated Press after the judge overturned the sentence.

At least 500,000 ethnic Tutsis and moderate Hutus were killed during Rwanda's genocide, which began after President Juvenal Habyarimana's plane was brought down in April 1994. THE ASSOCIATED PRESS

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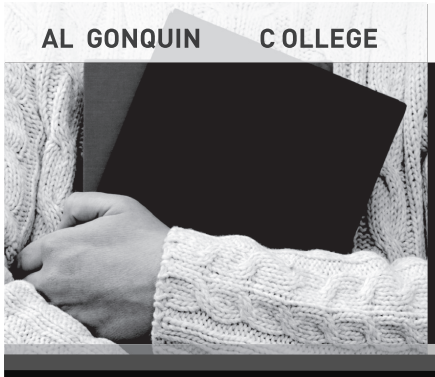
News in brief

FISH Environmentalists yesterday said an international deal to reduce catches of Atlantic bluefin tuna didn't go far enough to protect the species from extinction. The International Commission for the Conservation of Atlantic Tunas limited 2010 quotas to 13,500 tons. THE ASSOCIATED PRESS



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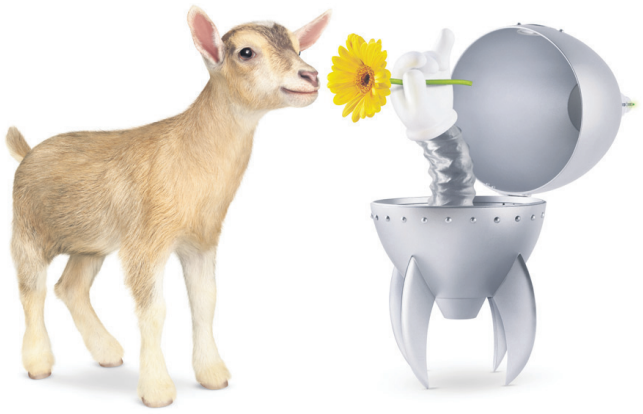

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France, Iraq sign deals
France laid the groundwork yesterday for deeper ties with Iraq, signing two deals with the country. THE ASSOCIATED PRESS

Launch has tweeps a-Twitter

With 100 Internet-savvy NASA fans cheering on the shuttle and churning out constant Twitter updates, Atlantis sailed smoothly into orbit yesterday with six astronauts and a full load of spare parts for the International Space Station.

The supply run should keep the space station humming for years to come, and the shuttle astronauts in space for 11 days.

Atlantis was clearly visible as it shot through thin afternoon clouds, to the delight of Twittering space enthusiasts who won front-row seats to the launch.

The contest winners splashed news — mostly tweeting "wow" and "amazing" about the liftoff — over countless cellphones and computers in 140 characters or less.

"What's exciting to me is that they've captured the spirit and the excitement that we all feel, and they were able to capture it in a very few number of characters," NASA space operations chief Bill Gerstenmaier said with a chuckle.

"They're amazing, little, short statements about what they felt."

During their 11-day flight, Hobaugh and his crew — including the first orthopedic surgeon in space, Dr. Robert Satcher Jr. — will unload the nearly 14,000 kilograms of equipment and experiments. Most of the gear will be attached to the outside of the space station on storage platforms. THE ASSOCIATED PRESS

JOHN RAOUX/THE ASSOCIATED PRESS

Space shuttle Atlantis lifts off from the Kennedy Space Center in Cape Canaveral, Fla., yesterday.

Memoirs of Mussolini's mistress paint ugly picture

ITALY Benito Mussolini was a fierce anti-Semite, who proudly said that his hatred for Jews preceded Adolf Hitler's and vowed to "destroy them all," according to previously unpublished diaries by the Italian Fascist dictator's longtime mistress. According to the diaries, Mussolini also talked about the warm reception he received from Hitler at the 1938 Munich conference — he called the German leader a "softy" — and attacked Pope Pius XI for his criticism of Nazism and Fascism.

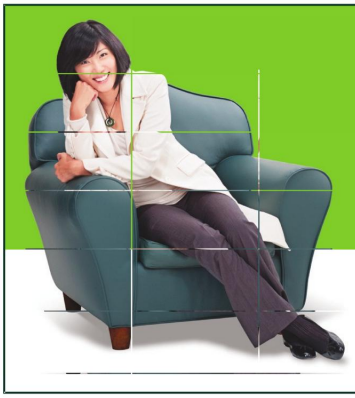
On a more intimate note, Mussolini was explicit about his sexual appetites for his mistress and said he regretted having affairs with several other women.

The dairies kept by Claretta Petacci, Mussolini's mistress, between 1932 and 1938 are the subject of a book coming out this week entitled Secret Mussolini. Excerpts were published yesterday by Italy's leading daily Corriere della Sera.

Mussolini

The Fascist dictator said that "there never was a pope as harmful to religion" as Pius XI and accused him of doing "undignified things, such as saying we are similar to the Semites," according to the excerpts.

For years, the Vatican has struggled to defend Pius' successor — the wartime Pope Pius XII — against claims he didn't do enough to save Jews from the Holocaust. THE ASSOCIATED PRESS



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Man sentenced in child sex tourism ring

NEW JERSEY A small-time actor and former children's entertainer who was known for playing Santa Claus was sentenced yesterday to nearly 20 years in prison for his role in an international sex tourism ring that preyed on young children.

Wayne Nelson Corliss, whose 2008 arrest was the culmination of an international manhunt, had admitted travelling to Thailand three times between 2000 and 2002 to have sex with at least two boys, ages six and nine.

He pleaded guilty last October to five counts that included distribution and possession of child pornography and travelling to foreign countries to engage in illegal sexual activity.

"You have acted beyond the bounds of human decency," U.S. District Judge Joseph A. Greenaway told Corliss.

The bearded, white-haired Corliss, who is 61 and acted under the name Casey Wayne, was described by people who knew him as witty and friendly and "the best Santa Claus anyone has ever seen."

That image clashed with the one presented in court yesterday, in which Assistant U.S. Attorney Lee Vartan called Corliss "an irredeemable sexual predator" who bragged on the Internet about fondling young boys while dressed as Santa. THE ASSOCIATED PRESS

Canadian charged

- Corliss' trips allegedly were arranged by John Wrenshall, a Canadian who immigrated to Thailand and has been charged in an 18-count U.S. federal indictment.

Evening with Gadhafi not what Italian models expected

Libyan leader Moammar Gadhafi hosted a soiree in Rome for some 200 young Italian women, but instead of the party they expected the women were given a lecture on Islam and copies of the Qur'an, a news report said yesterday.

FILIPPO MONTEFORTE/THE ASSOCIATED PRESS

Libyan Leader Moammar Gadhafi attends the inaugural ceremony of a World Summit on Food Security organized by the United Nations Food and Agriculture Organization in Rome yesterday.

At least they got paid.

A reporter for Italy's ANSA news agency went undercover with the women, who were hired for around $80 by a modelling agency for the event Sunday evening. Journalist Paola Lo Mele said the women assembled at a hotel, where some where left behind because they were not tall enough or dressed modestly enough.

Those accepted were taken to a villa, where Gadhafi lectured them on women's rights and religion, and urged them to convert to Islam.

"All the girls expected a party with a gala dinner," Lo Mele told her agency. Instead, "he made a 45-minute speech on Islam and women's role in Islam. It was a bit of an indoctrination session."

Lo Mele took pictures before and after the event, showing the women carrying Qur'ans they received as gifts.

Gadhafi was in Rome to attend a UN summit on world hunger. THE ASSOCIATED PRESS

Two drug kingpins arrested separately in Venezuela
Venezuelan authorities have detained an Italian and a Colombian wanted on drug trafficking charges. Police captured 54-year-old Italian Walter Carapacci, who is wanted on charges of trafficking heroin to Europe. Police also captured Colombian Luis Mauricio Palacios Giraldo, who is wanted on drug trafficking and money laundering charges. THE ASSOCIATED PRESS

Gunmen kill 13 in Iraq

Men pulled from homes, shot execution-style

Gunmen in Iraqi army uniforms abducted and killed 13 people whose bodies were found yesterday with gunshot wounds to the head, including a local leader of Iraq's largest Sunni party, which once helped fight al-Qaida.

Police played down the incident as tribal violence in an attempt to defuse sectarian tension, but the political connection suggests the killings could also have been the work of insurgents or rival Sunnis vying for power before January elections.

Violence has dropped sharply in Iraq over the past year, but politicians and security officials have warned in recent weeks of a possible spike in violence in the run-up to the national polls as insurgents look to undermine the government and destabilize the country.

> **"It is a worrisome indication that the situation might be deteriorating."**
> Islamic Party statement

Gunmen wearing military uniforms knocked on doors and ordered the residents to step outside, saying they wanted to search the houses for weapons. The assailants then handcuffed 13 men, shoved them into a minibus and drove off, al-Zubaie said.

All 13 men were later found in a nearby cemetery, killed execution style with a bullet to the head, said the mayor and police official Waleed al-Zubaie.

The killings are reminiscent of those that plagued Baghdad at the height of the sectarian bloodshed of 2006 and 2007, when men, sometimes dressed in police or army uniforms, snatched people from their houses at night before killing them and dumping the bodies.

The Iraqi Islamic Party condemned the killings, describing them as a revenge attack against people who had helped stabilize the area.

"It is a worrisome indication that the situation might be deteriorating," the party statement read. "The people behind this crime are aiming at seeding insecurity and turmoil in the area." THE ASSOCIATED PRESS

Baghdad **Governator hands out cigars**

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

California Governor Arnold Schwarzenegger hands out cigars to American soldiers during a visit to Camp Victory in Baghdad, Iraq, yesterday.

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Extremists given free rein: Group

BRITAIN Two of Britain's most high-profile Muslim extremists have been given free rein to recruit fellow inmates in prison and are spreading propaganda from behind bars, a think-tank founded by two former Islamic radicals said yesterday. London-based Quilliam Foundation said in a report that Muslim cleric Abu Qatada — once described as Osama bin Laden's ambassador in Europe — managed to smuggle out extremist propaganda from prison with the help of visitors, who then spread his message on the Internet. It said that another radical preacher, Abu Hamza al-Masri — the one-eyed, hook-handed cleric whose extradition is being sought by the United States — was able to hold sermons through the pipes that link cells. It said another inmate used his allotted phone calls to speak to an Islamic TV station. THE ASSOCIATED PRESS

Climate deal could hinge on two issues

There's not enough time to strike a detailed and binding deal at next month's Copenhagen conference on climate change but nations say it still can succeed if all 192 countries can agree on two sets of numbers.

Those numbers — how much money will be given to poor countries to adapt to global warming and how much industrial countries will reduce greenhouse gas emissions over the next 10 years — are highly contentious, and there's no guarantee that even the scaled-back ambition for a political agreement can be reached.

Cabinet ministers and top negotiators from 40 key countries convened yesterday for two days of closed-door meetings to prepare for the UN conference in the Danish capital, but were unlikely to try to set those specific numbers. That will remain for the summit next month.

But other crunch issues required discussion, officials said.

Key among them was how financing — more than $100 billion US a year within a decade — will be raised and delivered to countries in need. Also critical was how major emerging economies like India and China can help fight climate change, and how their contributions can be embedded in an international accord.

U.S. President Barack Obama, in Beijing, put climate change on top of his agenda for talks with President Hu Jintao, looking to increase collaboration on green energy and joint research projects, but the two leaders were not expected to discuss specific targets to be set out at Copenhagen.

U.N. Secretary General Ban Ki-moon was upbeat about Copenhagen's prospects.

"There is no cause for alarm," he said in Rome during a conference on food security. "We can still reach a significant agreement in Copenhagen that will provide the foundation for a treaty next year." THE ASSOCIATED PRESS

Succeeding Kyoto

- The Copenhagen agreement is meant to succeed the 1997 Kyoto Protocol, which set emissions targets for 37 industrialized countries. The U.S. rejected Kyoto as economically damaging and unfair since it made no demands of rapidly growing economies. The Obama administration wants to be included in the new accord. But its reluctance to commit to emissions targets or financing until U.S. Congress completes domestic legislation was partly responsible for delaying a legally binding international accord.

News in brief

GEORGIA A U.S. Army cook and single mother could face criminal charges after she refused to deploy to Afghanistan, saying no one could care for her 10-month-old son. Commanders at Hunter Army Airfield in Savannah had 21-year-old Spc. Alexis Hutchinson arrested by military police Nov. 6. She remained confined to the Army post Monday while her case is investigated. Her attorney says Hutchinson planned for her mother in California to keep the child during her year-long deployment. But Hutchinson's mother decided she couldn't because she's caring for three other relatives with illnesses and special needs. Hunter Army Airfield spokesman Kevin Larson says no charges have been filed.

ABUSE Three brothers who claim they were sexually molested by their Boy Scout and Mormon youth leader in the 1970s and 1980s have sued both organizations. The suit filed in San Francisco Superior Court alleges that church officials in Sunnyvale ignored complaints of abuse from the three boys and failed to notify authorities. The plaintiffs, identified in the suit only as John Does, say they were molested hundreds of times by the man. The suit identifies the former scout and church leader as 65-year-old William E. Knox, a Georgia resident. THE ASSOCIATED PRESS

Immigrants to U.S. no longer required to get HPV shot

Immigrant girls and women will no longer have to be vaccinated against a sexually transmitted virus to get their permanent U.S. residency permits. Starting Dec. 14, the HPV, vaccine will no longer be on the list of immunizations female immigrants ages 11 to 26 must receive before becoming legal permanent residents. METRO NEWS SERVICES

Barzee to plead guilty in Smart case

The wrenching saga of the abduction of Elizabeth Smart of Utah is showing the first signs of resolution seven years after it began.

Today, Wanda Eileen Barzee — one of two people charged in the case — will plead guilty to charges of kidnapping and unlawful transportation of a minor in U.S. District Court in Salt Lake City, attorney Scott Williams told The Associated Press.

Barzee's alleged role in the abduction has garnered less attention than her estranged husband, Brian David Mitchell, but her expected plea marks a major step forward in the cases that stalled when both defendants were ruled incompetent for trial.

Smart's abduction at knifepoint from her Salt Lake City home in 2002 riveted the U.S. as hundreds of people helped search for the 14-year-old.

Her recovery in March 2003, when she was spotted walking suburban streets with Barzee and Mitchell, was an improbable defiance of the odds.

Mitchell is accused of taking Smart as a polygamous wife. As part of the hearing, Smart said last month that Barzee had washed her feet and dressed her in robes for the wedding ceremony shortly after the abduction. Smart said she was raped daily by Mitchell throughout her nine months of captivity.

THE ASSOCIATED PRESS

GEORGE FREY/THE ASSOCIATED PRESS

Wanda Barzee

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Gitmo inmates may offer future for small town

PRISON Some folks in this dying Mississippi River town would rather take their chances with suspected terrorists than watch their neighbours move away in despair over the lack of jobs.

News that the U.S. government may buy the nearly empty Thomson Correctional Center and use the maximum-security prison to house Guantanamo Bay detainees has given the 450 residents of Thomson some hope.

"This town is slowly but surely dying off, and I mean that literally because the people that are retired are dying off and there's no young people coming back in to take their place. There's nothing here to draw them," said Richard Groharing, a 68-year-old retired Florida corrections officer who was born in Thomson.

The prison was built in 2001 with the promise of thousands of jobs. But because of state budget problems, it has been largely vacant since its completion. The Obama administration wants to close the military prison at Guantanamo Bay, Cuba, and transfer some terrorism suspects to the U.S. for trial. Federal officials were at the Thomson prison yesterday to inspect it and meet with state and local authorities.

THE ASSOCIATED PRESS

News in brief

PIRATES Secretary-General Ban Ki-moon says intensified international action to tackle ship seizures off the Somali coast is forcing pirates further afield into the Indian Ocean and more closer to the Seychelles. In a report to the UN Security Council, Ban says the expanding international maritime presence is playing a critical role in stabilizing the situation at sea. He said in the report naval ships and military aircraft, as well as ships' improved efforts to protect themselves, have considerably reduced successful incidents of piracy and armed robbery, especially in the Gulf of Aden. THE ASSOCIATED PRESS

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

High times for Harper

NationalReport
Lawrence Martin
metronews.ca/nationalreport

Few could have predicted this — that a year after almost losing the government over his boneheaded budget update, Stephen Harper would be riding higher than ever.

A year ago, it looked that given his stumblings, given the oncoming recession, given the arrival of a new Liberal leader, this prime minister might be on his way out.

But here he is today with a big lead in the polls, a good showing in last week's byelections, his Liberal opposition reeling. He is defining the agenda to suit his conservative values. He is even scoring some points — who could have imagined his Beatles' song rendition? — in terms of personal appeal.

His conservative agenda — Stephen Harper's Canada — was stamped out in the revamped citizenship guide his government issued last week. It was heavy on pride in the Armed Forces, law and order, the monarchy, limits to cultural tolerance. It was light on gay marriage, the environment, health care and socially progressive content. It was met with much applause.

It is remarkable Harper has been able to brand Canada to suit his purposes. The skill of the political leader lies in making the people feel good about what's going on. On the face of it, Canadians don't have much to cheer about. They are not better off than they were four years ago. There's the recession and Ottawa's progress in fighting it is coming at a heavy cost — a looming huge deficit. There's the war in Afghanistan, which is going badly. There's the environment file on which the government's performance has been laggard.

On content, the Conservatives lack big achievements. On style, they have been repeatedly criticized for their secrecy, heavy-handedness, one-man rule, all very much in contrast to its promise of a new era of transparency.

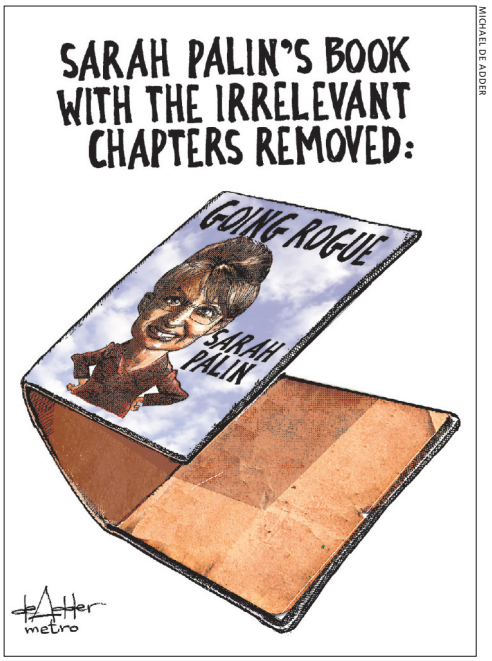
Their success is all the more surprising in that it bucks the trend to the south. In the United States, George W. Bush and Sarah Palin have tarnished the conservative brand. Barack Obama leads a liberal resurgence.

"He is defining the agenda to suit his conservative values. He is even scoring some points — who could have imagined his Beatles' song rendition? — in terms of personal appeal."

There's no such trend resurgence here. Here, Harper's conservatism is making Canadians feel good, or at least not dismayed, about what's going on. He's been lucky, helped along by the ineptitude of the Liberals. But in part, it's been the prime minister's craftiness that has made them appear that way.

Those of us who thought he would be on his way out by now were way off. He's on his way in. He may just be getting started.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Worth mentioning

Some might call it liquid gold

A beverage company has asked a team to drill through Antarctica's ice for a lost cache of some vintage Scotch whiskey that has been on the rocks since a century ago.

The drillers will be trying to reach two crates of McKinlay and Co. whiskey that were shipped to the Antarctic by British polar explorer Sir Ernest Shackleton as part of his abandoned 1909 expedition.

Whyte&Mackay, the drinks group that now owns McKinlay and Co., has asked for a sample of the 100-year-old scotch for a series of tests that could decide whether to relaunch the now-defunct Scotch.

THE ASSOCIATED PRESS

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Danone to buy back up to C1.25 billion in bonds to cut debt servicing costs

Danone SA, the bottled water and dairy goods producer yesterday launched a cash offer to buy back up to C1.25 billion of its bonds to cut interest charges and lower debt. The Paris-based company said the offer is scheduled to run to Nov. 24. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CRTC should rein in cable: CTV

Canada's largest private broadcaster says the CRTC should again get into the business of regulating television cable and satellite firms.

CTVglobemedia has opened controversial hearings on so-called "fee-for-carriage" by blasting cable companies for threatening to raise rates to consumers if they are forced to pay for over-the-air signals.

Officials with CTV argue cable companies had a free ride for 40 years in being able to carry signals for such stations as CTV and CBC and the time has come for them to pay for the service.

SEAN KILPATRICK/THE CANADIAN PRESS

President and CEO of CTVglobemedia Ivan Fecan takes part in the CRTC hearings in Gatineau, Que., yesterday.

Cable and satellite firms say if they are forced to pay, they will pass on the charge, which could be as much as $10 a month, to consumers.

But CTV executives Ivan Fecan and Paul Sparkes told the CRTC the cable firms can easily afford to absorb the costs, saying since they were deregulated, cable firms have instituted fee hike after fee hike at whim.

They say the CRTC could rein in the cable firms by ordering them to carry a basic TV service at a cost the regulator would set.

Commission chairman Konrad von Finckenstein said the hearings would establish the ground rules for the long-term viability of Canadian television.

THE CANADIAN PRESS

Actors say attach Canadian content strings

- Members of the ACTRA union say cable firms are in position to absorb the added costs of paying over-the-air networks like CTV, CBC and Global for their signals.
- But ACTRA union head Ferne Downey says the broadcasters also should not be allowed to keep about $350 million the fee-for-carriage is likely to bring so they can pay more for expensive U.S. shows.
- ACTRA says the CRTC must demand that broadcasters invest at least six per cent of gross revenues on Canadian dramas and comedies.

THE CANADIAN PRESS

October home sales improve 41.5 per cent year-over-year

HOUSING MARKET Canadian home resales improved 41.5 per cent year over year to 42,288 units in October, a record for the month, according to the Canadian Real Estate Association.

The national average price for homes listed on the Multiple Listing Service also reached a new high in October at $341,079. This was 20.7 per cent higher than the same time last year.

New sales records for the month were reported in one-fifth of local markets, including Ottawa.

The sharp rise in demand for homes has shrunk inventories to 194,994 or a seasonally adjusted 4.1 months worth, the lowest level in more than two years and 20.8 per cent below the peak reached a year ago. This is the sixth month in a row in which inventories are down from year-ago levels.

Seasonally adjusted new listings on MLS were slightly higher in October compared to September at 65,148 units. New listings peaked in May 2008, then declined until March 2009, and have remained relatively steady since then.

"New listings are still expected to rise in the coming months in response to headline average price increases," stated CREA chief economist Gregory Klump.

THE CANADIAN PRESS

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German steelmaker sells Safeway
German steelmaker ThyssenKrupp AG said yesterday it has sold its industrial services unit North American Safway Group, which has operations in Alberta, to a private equity company based in New York, Odyssey Investment Partners LLC. THE ASSOCIATED PRESS

Bank should have kept better tabs: Lawyer

HEARING The lawyer for a woman who is suing Scotiabank over alleged unpaid overtime says the bank was loose with its record keeping when it came to extra work hours.

Louis Sokolov told an Ontario court hearing the class-action lawsuit that Scotiabank's head office policy and the actual procedure on overtime at local branches was at odds, resulting in many employees working hours they weren't being paid for.

Sokolov is representing Cindy Fulawka, who is heading the suit against the bank for about 5,000 employees working as personal or senior bankers, financial advisers and account managers for small businesses.

The suit, filed in 2007, includes any full-time sales staff who worked at bank's retail operations after 2000.

A lawyer for the bank refuted those claims, and will present his case on Tuesday. THE CANADIAN PRESS

Coke predicts $200B by 2020

Coca-Cola Co. seeks to double its business in the next decade as it caters to the expected billion people worldwide who will join the middle class by 2020.

The world's largest soft drink maker told analysts and investors at a meeting yesterday its systemwide revenue will reach US$200 billion by 2020. The company hopes to make more money off those sales as it sells more soft drinks in emerging markets and reduces costs.

CEO Muhtar Kent said that sales have doubled in the decade since 1997, and they'll do so again because of growth in countries like India and China.

The company hopes global growth can make up for weak domestic sales, which have been slipping as consumers limit their spending in the recession and switch to juices and teas.

Kent said the company must pay attention and react to changes in the world, which it didn't do from 2000 to 2004.

"We were too busy looking at the dashboard in front of us and not sufficiently paying attention to the world outside our windshield," he said.

The company believes the world will be a different place in the next decade, with more consumers in the middle class and more living in urban areas. Coke said people — many of them young consumers the company will target — will also want their brands to show they have values, such as being environmentally responsible, Kent said.

"Consumers now value and are defining themselves more and more by their identity, their values and their beliefs and they are insisting that companies do the same," said chief marketing and commercial officer Joe Tripodi. THE ASSOCIATED PRESS

JOHN AMIS/THE ASSOCIATED PRESS

Investors takes their seats at a Coca-Cola conference yesterday in Atlanta. The world's largest soft drink maker told analysts and investors at the meeting its systemwide revenue will reach $200 billion by 2020.

Business in brief

GAMBLING U.S. casino operator Las Vegas Sands Corp. plans to resume work in January on its multibillion-dollar gambling resorts in Macau after suspending construction last year amid a massive funding crunch, the company said.

Sands is seeking to raise more than $3.3 billion from an initial public offering of shares in its casino businesses in the southern Chinese enclave, the world's largest casino market. The IPO was made available to retail investors yesterday after attracting what executives said was strong demand from institutional investors last week. About $500 million will be used to restart construction on the projects, executives said. The company plans to hire as many as 12,000 workers after 11,000 jobs were cut as a result of the suspension. The projects were stalled last year as the company grappled with a cash shortage, brought on by the financial crisis and Sands' massive debt load. THE ASSOCIATED PRESS

Manufacturing sales rise 1.4%, says StatsCan

REPORT Manufacturing sales rose 1.4 per cent in September to $41.7 billion, largely reflecting increases in the motor vehicle industry.

Statistics Canada reports manufacturing sales have increased in three of the past four months after dropping to a recent low of $38.5 billion in May.

Despite the recent gains, sales remained 18.6 per cent below September 2008 levels.

While most of September's gains were in the motor vehicles and motor vehicle parts industries, other durable goods industries, such as primary metals and fabricated metals, also contributed.

Constant dollar manufacturing sales rose 1.8 per cent in September.

Sales advanced in 14 of the 21 manufacturing industries, accounting for 53.1 per cent of total sales.

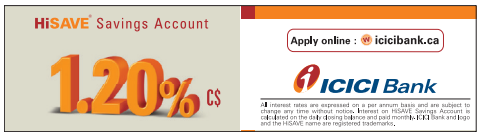
Motor vehicle sales increased 16.4 per cent to $3.8 billion, the highest level since September 2008, while motor vehicle parts sales gained 13.7 per cent. THE CANADIAN PRESS

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.80%	1.20%	1.05%	1.00%	0.75%	1.25%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Clear credit card debts

MoneyMatters

Q I have thousands invested in shares. I also have a large balance on my credit cards but always make the minimum payment. I have read that it is important for me to pay off my credit cards first. Why? I would have no investments with this approach and therefore have little for retirement.

— Amir

A Investing for your future is more than holding stocks. An investment objective should be to increase your net worth year over year but not lose sight of long-term goals.

You would increase net worth (assets less liabilities/debt) faster if you paid off debt before buying shares. Some critics may argue that buying shares could give better returns than the interest paid on the debt. That's a possibility, but "could" comes with unknowns and risk. Your returns are not guaranteed. Paying down debt is a guaranteed increase in net worth. When you eliminate debt, you increase net worth and cash flow for investment. Only then, look at buying into the market.

Debt elimination is not as colourful as forecasting the next oil or IT darling but it gives results.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Warranties yield gold

AlisonOnMoney

A couple of months ago I got fed up with the fraying and splitting rubber sleeve on the foaming wand of my Breville espresso machine and called up the manufacturer to complain. A sweet lady apologized and said she'd send a replacement out right away by courier. Free, no less.

That easy and satisfying solution got me thinking about all the times I've benefited from warranties, sometimes unexpectedly.

A few years back, I took my collection of Henckel knives into a free sharpening clinic. One of my favourites had the point broken off after some unauthorized workshop surgery done by my husband years earlier. Even though I confessed to my spouse's crime the manufacturer's representative took one look at it, furrowed his brow as if the knife was at fault and said, "That shouldn't happen."

Voilà, a brand new implement.

On another occasion we ordered a replacement for our Frigidaire fridge, by then a year or so past the warranty. When the repairman delivered it he noticed a crack on the plastic base of the fridge and said, "I think that that's a new fridge." We were stunned when a new one showed up a couple of weeks later. We had forgotten that there was a 20 year warranty on the liner.

Similarly, Obus Forme replaced the back and seat of a 10-year-old office chair. Again, we'd forgotten those parts carried a lifetime part guarantee.

Almost everything we buy, from vice grips to light bulbs, has some kind of guarantee attached and sometimes manufacturers will even replace items after the warranty has expired — you won't know until you ask.

Yes, some manufacturers don't stand behind their product but my experience is that mostly they do, especially those located in Canada or the U.S. Mining your warranties can pay off in thousands of dollars of replacement items over the years.

Now, if I can just find the lifetime warranties on the all the garden hoses I've bought over the years.

Alison's Money Rule:

- Product warranties are like gold nuggets buried in the ground — you just have to dig them up and put them to good use.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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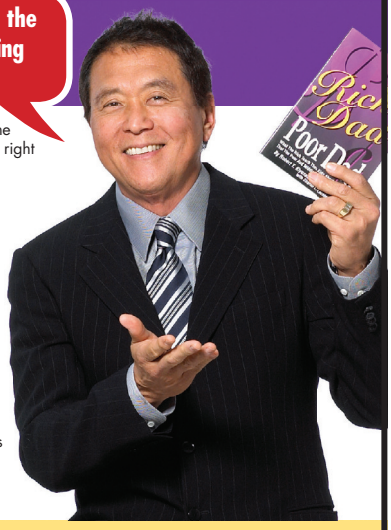

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Experts see silver lining as gold shoots to new heights

Much has been said about the upside potential of gold, which has rocketed to new highs in recent weeks amid inflation concerns, but advisers say investors shouldn't ignore the yellow metal's less popular cousin, silver.

Some argue that silver will provide better returns over the long run because of its combined appeal as a precious metal and an industrial commodity.

John Stephenson, portfolio manager at First Asset Funds Inc., said industrial applications — including electronics, chemicals, batteries and medical instruments — make up about half of the demand for silver, and demand for these products will only continue to grow.

In addition, supply has been constrained along with the supply of most industrial metals, as fewer new mines are coming online and existing mines have been shuttered in response to the economic downturn.

On top of this, silver, like gold, also tends to benefit from fears of inflation, which are common now due to rampant government stimulus spending.

Because of this growing demand and shrinking supply, the gold-silver ratio, or the number of ounces of silver worth one ounce of gold, has shrunk in recent months. The ratio went as high as 84:1 in October 2008 as investors flocked to the relative safe haven of gold, but has since shrunk to below 64:1 despite gold's recent rally to a record high of $1,100 US an ounce and beyond. Silver currently sells for around $17.50 US per ounce compared with a record high of around $50 per ounce.

"Gold has made new highs, silver has not made new highs, so therefore there's probably significant room on the upside for silver," said John Ing, CEO of Toronto-based investment dealer Maison Placements.

Ing said physical bars of silver can be a "very attractive investment," although it's possible to get more leverage by buying shares in silver companies.

"Gold has made new highs, silver has not made new highs, so therefore there's probably significant room on the upside for silver."
John Ing, investment dealer

Investors usually flock to the safe haven of gold but advisers say investors shouldn't ignore gold's less popular cousin, silver.

THE CANADIAN PRESS

Lack of funds holding back TFSA contributions, poll finds

A RBC Financial Priorities Poll found that while most Canadians (71 per cent) are aware of the Tax Free Savings Account (TFSA), three-quarters (76 per cent) have not yet opened a TFSA with a lack of funds and knowledge being key reasons. METRO NEWS SERVICES

NEWS CANADA

Re-examine your insurance policy to find savings.

Save on insurance without scrimping on coverage

There are lots of small steps Canadians can take to save money on home and auto insurance, without sacrificing comprehensive coverage.

"Something as simple as switching to a job with a shorter commute can impact your auto insurance premium," says Henry Blumenthal, vice-president and chief underwriter for TD Insurance.

The information insurers look at may not be obvious, so it's worth taking a few minutes to double-check the details of your policy.

For example, if you are a homeowner and you've recently quit smoking, you may be eligible for savings on your home insurance policy since it reduces the risk of fire.

"Switching to a job with a shorter commute can impact your auto insurance."
Henry Blumenthal, TD Insurance

In addition to making sure that your premiums are updated, re-examining how your policy is set up can also help to put some money back in your pocket. NEWS CANADA

Prenups can form basis of financial discussions

Marriage contracts and prenuptial agreements can be difficult to bring up when you're planning the happy event — and certainly not everyone contemplating tying the knot needs one.

But "prenups" can be particularly handy for people embarking on a second marriage or those who stand to inherit a sizable estate. And they start the kind of serious financial dialogue every couple needs to have on an ongoing basis.

"Obviously a lot of people don't want to sign a prenup, because they don't think it's very romantic and in many cases people feel that it's awkward to bring it up," said Christine Van Cauwenberghe, a financial planning expert with Investors Group.

Van Cauwenberghe points out not every couple getting married is going to need a prenup. "If, for example, you have two people who are entering marriage, where neither one owns much of anything, then it's really not that much of an issue."

In other cases, the push towards a contract comes from one of the families.

"In some cases there are families who say: 'You may not own very much right now, but you're going to be receiving a fair bit because we're a family of means,'" said Van Cauwenberghe.

Others might want the contract because they simply don't want to give up financial independence. THE CANADIAN PRESS

Legal pact

- Prenuptial agreements are recognized in all Canadian provinces so long as they are properly drafted. This includes making sure that one party provides full disclosure to the other party, that both parties received independent legal advice, or where the contract was signed under duress.

Not everyone getting married will need a prenup but discussing it can start a financial dialogue that every couple needs.

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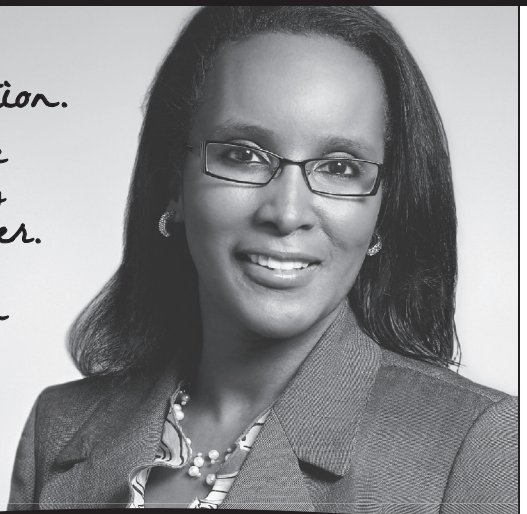

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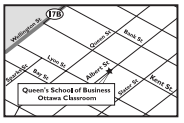

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Mercedes buys Brawn GP

Mercedes-Benz is taking over Formula One champion Brawn GP and plans to end its stake in McLaren. Mercedes-Benz said yesterday that Brawn would race in 2010 as the Mercedes GP team. THE ASSOCIATED PRESS

Sports

Rodman detained in Germany

Former NBA star Dennis Rodman, left, was temporarily detained in Germany after a hotel said he skipped out on a $5,100 US hotel bill. Organizers of an exhibition game in the town of Trier had agreed to pick up the tab for Rodman's hotel, but not an additional $5,100 for beverages consumed at a party he held there. Rodman later paid the bill along with an additional $2,500 to dismiss possible legal proceedings. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

OVECHKIN Two-time reigning league MVP Alex Ovechkin appears set to return from his injury layoff when the Washington Capitals visit the New York Rangers tonight. Ovechkin sustained an upper-body injury against Columbus on Nov. 1.

BASKETBALL The Golden State Warriors have found a home for disgruntled guard Stephen Jackson, sending the guard to Charlotte in a four-player deal. The Bobcats announced yesterday they acquired Jackson and guard Acie Law for guard Raja Bell and forward Vladimir Radmanovic.

METRO NEWS SERVICES

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Learn how to scan the barcode with the instructions at the top of pg 3

Pressure mounting for Yzerman

The coming weeks will be difficult for Team Canada boss, says Gretzky

JEFF MCINTOSH/THE CANADIAN PRESS

Wayne Gretzky, right, goes through drills with 15 children from across the country at a hockey camp yesterday in Calgary.

"Obviously, being in Vancouver, the pressure on this team is probably going to be even greater than it's been on teams in the past."
Wayne Gretzky

Wayne Gretzky remembers this critical period before the Olympics well.

He was executive director of Canada's men's Olympic hockey teams in both 2002 and 2006.

Steve Yzerman, his 2010 successor, and Yzerman's coaching staff will choose the next 23-player team and unveil it to Canadian hockey fans Dec. 31.

Canada opens the 2010 Games against Norway on Feb. 16 in Vancouver.

"The next eight weeks is probably the most difficult because up until that point in time, you really have a list of 40 or 45 names," Gretzky said yesterday in Calgary at a corporate hockey camp for children.

"It starts to narrow down pretty quickly. What becomes the challenge, or the trickiness behind it, is that there is a lot of attention paid to who should be on the team and who shouldn't be on the team."

Gretzky was the mastermind behind Canada's gold medal at the 2002 Olympics in Salt Lake City, which was the country's first in 50 years.

His 2006 squad was not as successful as the Canadians lost 2-0 to Russia in the quarter-finals.

He believes the pressure on Yzerman, who played for him in 2002, to make the right choices will be even greater than what he experienced in the previous two Games.

"You've really got to believe each person you select is going to contribute to winning a gold medal," Gretzky said.

"This is the time of year that gets very serious for the management and the coaching staff to make sure they select the right guys for this team. There's always a lot of pressure on the Canadian hockey team.

"Obviously, being in Vancouver, the pressure on this team is probably going to be even greater than it's been on teams in the past."

For the first time in years, Gretzky is not involved with either an NHL or Olympic team. But that's not necessarily a bad thing.

"When you're there participating (in the Olympics), your focus is really the games itself and the practices ... Now that I'm not really involved, I can go up and enjoy all the events with my family."

THE CANADIAN PRESS

Federer gets 10-year sponsorship deal with bank
The Swiss bank Credit Suisse has signed a 10-year sponsorship with Roger Federer. The bank says it will make a "significant annual contribution" to the Roger Federer Foundation. The charity was founded by the tennis star to help disadvantaged children in Africa. THE ASSOCIATED PRESS

Bailey, Coghlan capture awards

MLB Florida Marlins left-fielder Chris Coghlan won the National League Rookie of the Year award in a close vote yesterday, and Oakland Athletics closer Andrew Bailey took the AL honour.

Coghlan edged Philadelphia Phillies pitcher J.A. Happ, receiving 17 first-place votes and 105 points in voting by the Baseball Writers' Association of America. Bailey was selected first on 13 of 28 ballots and finished with 88 points. THE ASSOCIATED PRESS

Sports in brief

GOLF Tom Watson's place in the next five British Opens is safe after the Royal&Ancient's decision to change one of its exemption rules. The 60-year-old five-time British Open champion finished runner-up this year but would have lost his exemption status because of the R&A's age rules. But golf's governing body outside the U.S. said it has amended one of its rules so that former champions who finish in the top 10 in the previous five Opens get a five-year exemption. THE ASSOCIATED PRESS

Illness could end Lesnar's career

Ultimate Fighting heavyweight champion Brock Lesnar's fight career could be in jeopardy due to an intestinal illness that will require surgery, according to mixed martial arts impresario Dana White.

JOHN LOCHER/THE ASSOCIATED PRESS
UFC fighter Brock Lesnar, pictured in a fight earlier this year, will require surgery for an intestinal disorder.

UFC president White told the TMZ website yesterday that Lesnar was "very, very sick" with an intestinal disorder that will require surgery, and that he will try to get the beefy 32-year-old admitted to Minnesota's Mayo Clinic. White said Lesnar, who was diagnosed with mononucleosis earlier this month, collapsed a week ago while resting at his Canadian vacation property and has since been hospitalized.

"There's a possibility Lesnar will never fight again," White told TMZ. Lesnar, who is 6-foot-3 and 265 pounds and has an outsized personality to match, has not been heard from for three weeks. He was to defend his heavyweight belt in January against Shane Carwin, but that bout, already rescheduled once before amid rumours that Lesnar had contracted the H1N1 virus, has again been put off.

"He's got mono and he's got something else wrong with him," White said Saturday after UFC 105 in England.

"I know what's wrong with him, he just doesn't want me talking about it. He doesn't have cancer or AIDS or anything like this, (but) he's got some problems, man."

TORSTAR NEWS SERVICE

Titans owner fined for obscene gesture directed at Buffalo fans

NFL The NFL has fined Titans owner Bud Adams $250,000 US for making an obscene gesture at Buffalo fans while celebrating Tennessee's victory over the Bills.

Commissioner Roger Goodell notified Adams of the fine yesterday, and a league spokesman said it is for conduct detrimental to the NFL. Adams was seen making the gesture while in his luxury suite and again on the field after Sunday's 41-17 victory.

Adams, 86, issued an apology a couple of hours later, saying he got caught up in the excitement of the moment.

Goodell was at the game, after having breakfast with Adams. The league said Goodell left Adams' suite at the end of the third quarter and spent the fourth sitting with fans in the end zone before leaving the stadium.

In his earlier statement, Adams said he expected league discipline for his actions and would accept any punishment.

THE ASSOCIATED PRESS

Zero tolerance

- Players have been fined by the NFL for making the same gesture that Adams made. San Francisco kicker Joe Nedney was fined $7,500 in October 2007, and Michael Vick was fined $10,000 and donated $10,000 to charity in 2006 while playing in Atlanta.

Forsberg forgoes NHL comeback

HOCKEY Vancouver Canucks general manager Mike Gillis says former NHL star Peter Forsberg has decided to play in his native Sweden this season rather than attempting a comeback in the NHL.

Gillis had been considering signing Forsberg, who is playing for Modo of the Swedish Elite League but had been thinking about a return to the NHL.

THE CANADIAN PRESS

AudioTronic Best Buy Future Shop Walmart Zellers Koodo shop

Ottawa
Billings Bridge Plaza
Carlingwood Mall
Les Galeries de Hull
Place d'Orleans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Kingston
Cataraqui Town Centre

(1) Subject to approved credit.

Ronaldo back with Madrid

Cristiano Ronaldo returned to regular training with Real Madrid yesterday as part of his recovery from a serious ankle injury. Ronaldo injured his right ankle on Sept. 30 but hasn't played since aggravating the problem while playing for Portugal on Oct. 10. THE ASSOCIATED PRESS

MLS looks to make Impact

While the Montreal Impact may not have realized its dream of joining Major League Soccer in 2011, MLS commissioner Don Garber still sees the Canadian team as the league's next franchise.

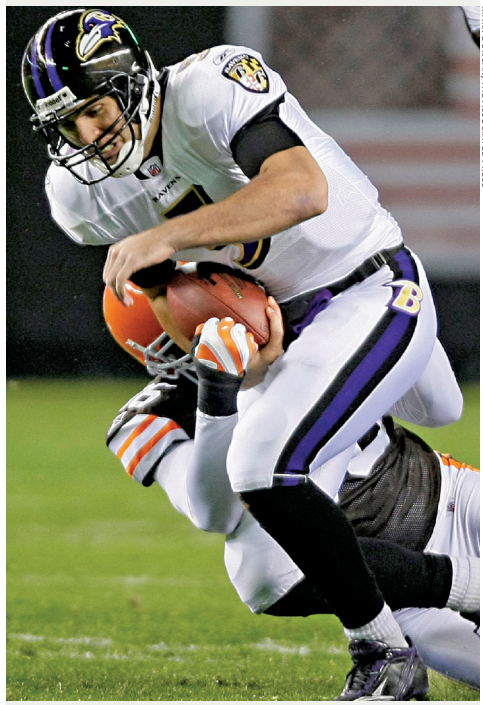
"Today we believe that we're going to be a 20-team league," Garber said yesterday in his annual state of the league address. "We know we're going to have 18 teams in 2011 (with the addition of Vancouver and Portland).

"We've had productive conversations with Montreal to be our 19th team."

Montreal, which plays in the United Soccer Leagues, withdrew its bid for a 2011 franchise at the last minute a year ago after learning the MLS was demanding a $40 million US expansion fee. That was a fourfold increase from what Toronto FC paid to get in.

THE CANADIAN PRESS

NFL Downed by a Brown



MARK DUNCAN/THE ASSOCIATED PRESS

Baltimore quarterback Joe Flacco is sacked by Cleveland linebacker David Bowens last night in Cleveland as the Browns hosted the Ravens. For a complete game recap, visit metronews.ca/sports

SCOREBOARD

NHL

EASTERN CONFERENCE

	GP	W	L	OL	PT
d-New Jersey	19	14	5	0	28
d-Washington	20	12	4	4	28
d-Buffalo	17	12	4	1	25
Pittsburgh	21	14	7	0	28
Philadelphia	17	11	5	1	23
NY Rangers	20	11	8	1	23
Boston	20	9	7	4	22
Atlanta	17	10	6	1	21
—					
NY Islanders	21	7	7	7	21
Tampa Bay	17	7	4	6	20
OTTAWA	**17**	**8**	**6**	**3**	**19**
Montreal	20	9	11	0	18
Florida	18	7	9	2	16
Toronto	18	3	10	5	11
Carolina	19	3	12	4	10

WESTERN CONFERENCE

	GP	W	L	OL	PT
d-San Jose	22	14	4	4	32
d-Colorado	20	12	5	3	27
d-Chicago	19	12	5	2	26
Los Angeles	22	13	7	2	28
Calgary	18	12	4	2	26
Columbus	19	11	6	2	24
Detroit	18	10	5	3	23
Phoenix	19	11	8	0	22
—					
Dallas	19	8	5	6	22
Vancouver	21	11	10	0	22
Nashville	18	9	8	1	19
Edmonton	21	8	10	3	19
St. Louis	18	6	8	4	16
Minnesota	20	7	11	2	16
Anaheim	19	6	10	3	15

YESTERDAY

Columbus 3 Edmonton 2 (SO)
Boston 4 N.Y. Islanders 1
Philadelphia 3 New Jersey 2
Pittsburgh 5 Anaheim 2
Los Angeles 4 Florida 3 (SO)
Tampa Bay at Phoenix

TODAY

Toronto at **OTTAWA**
Washington at N.Y. Rangers
Carolina at Montreal
San Jose at Nashville
Colorado at Calgary

d - division leaders ranked 1-2-3 regardless of points.

NFL

AFC

EAST

	W	L	T	PCT
New England	6	3	0	.667
Miami	4	5	0	.444
N.Y. Jets	4	5	0	.444
Buffalo	3	6	0	.333

SOUTH

	W	L	T	PCT
Indianapolis	9	0	0	1.000
Jacksonville	5	4	0	.556
Houston	5	4	0	.556
Tennessee	3	6	0	.333

NORTH

	W	L	T	PCT
Cincinnati	7	2	0	.778
Pittsburgh	6	3	0	.667
Baltimore	4	4	0	.500
Cleveland	1	7	0	.125

WEST

	W	L	T	PCT
Denver	6	3	0	.667
San Diego	6	3	0	.667
Kansas City	2	7	0	.222
Oakland	2	7	0	.222

NFC

EAST

	W	L	T	PCT
Dallas	6	3	0	.667
Philadelphia	5	4	0	.556
N.Y. Giants	5	4	0	.556
Washington	3	6	0	.333

SOUTH

	W	L	T	PCT
New Orleans	9	0	0	1.000
Atlanta	5	4	0	.556
Carolina	4	5	0	.444
Tampa Bay	1	8	0	.111

NORTH

	W	L	T	PCT
Minnesota	8	1	0	.889
Green Bay	5	4	0	.556
Chicago	4	5	0	.444
Detroit	1	8	0	.111

WEST

	W	L	T	PCT
Arizona	6	3	0	.667
San Francisco	4	5	0	.444
Seattle	3	6	0	.333
St. Louis	1	8	0	.111

SUNDAY

Arizona 31 Seattle 20
Carolina 28 Atlanta 19
Cincinnati 18 Pittsburgh 12
Green Bay 17 Dallas 7
Jacksonville 24 N.Y. Jets 22
Kansas City 16 Oakland 10
Miami 25 Tampa Bay 23
Minnesota 27 Detroit 10
New Orleans 28 St. Louis 23
San Diego 31 Philadelphia 23
Tennessee 41 Buffalo 17
Washington 27 Denver 17
Indianapolis 35 New England 34

YESTERDAY

Baltimore at Cleveland

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	PCT	GB
Boston	8	3	.727	-
Toronto	5	5	.500	2.5
Philadelphia	4	6	.400	3.5
New York	1	9	.100	6.5
New Jersey	0	10	.000	7.5

SOUTHEAST DIVISION

	W	L	PCT	GB
Atlanta	9	2	.818	-
Miami	7	2	.778	1
Orlando	8	3	.727	1
Charlotte	3	7	.300	5½
Washington	2	7	.222	6

CENTRAL DIVISION

	W	L	PCT	GB
Cleveland	7	3	.700	-
Milwaukee	5	3	.625	1
Indiana	4	3	.571	1.5
Chicago	5	4	.556	1.5
Detroit	5	5	.500	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	PCT	GB
Dallas	8	3	.727	-
Houston	6	4	.600	1.5
San Antonio	4	4	.500	2.5
New Orleans	3	8	.273	3
Memphis	2	8	.200	5.5

NORTHWEST DIVISION

	W	L	PCT	GB
Denver	7	3	.700	-
Portland	8	4	.667	-
Oklahoma City	5	5	.500	2
Utah	4	6	.400	3
Minnesota	1	10	.091	6½

PACIFIC DIVISION

	W	L	PCT	GB
Phoenix	9	2	.818	-
L.A. Lakers	7	3	.700	1.5
Sacramento	5	4	.556	3
L.A. Clippers	4	7	.364	5
Golden State	3	6	.333	5

YESTERDAY

Atlanta 99 Portland 95 (OT)
Orlando 97 Charlotte 91
Dallas 115 Milwaukee 113 (OT)

TODAY

Toronto at Denver
Golden State at Cleveland
Indiana at New Jersey
Oklahoma City at Miami
L.A. Clippers at New Orleans
Phoenix at Houston
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vancouver 2010
CHEVROLET
OFFICIAL VEHICLE*

Women still cook more
According to an Associated Press-iVillage Food poll, women are still doing more of the cooking. Just 51 per cent of men said they make a home-cooked meal at least sometimes, compared with 71 per cent of women. THE ASSOCIATED PRESS

Food

'Love dessert' contains Viagra

A Colombian cooking school has concocted a "love dessert" made with passion fruit — and Viagra. Student chefs at the state culinary school in Quindio province wouldn't give the complete ingredients but say it contains the active ingredient in Viagra. The pudding-like dessert is garnished with whipped cream and chocolate, and served in a parfait glass. The dessert is, of course, not for sale as Viagra is a prescription drug. THE ASSOCIATED PRESS

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

A low-fat weeknight meal option

EDWARD PONDA

Broiled trout with warm lentil salad from Canadian Living.

Broiled Trout with Warm Lentil Salad

SERVES 4
PREP TIME: 6 MINUTES
COOK TIME: 30 MINUTES

INGREDIENTS:
- 1/2 tsp each ground coriander and cumin (2 mL)
- 1/4 tsp each cayenne pepper and salt (1 mL)
- 2 skinless trout fillets (750 g)
- 2 lemon wedges

Warm Lentil Salad:
- 3 Tbsp olive oil (45 mL)
- 1 cup diced leek (white and light green parts only, 250 mL)
- 1/2 cup each diced celery and carrot (125 mL)
- 1 clove garlic, minced
- 1 1/2 tsp each ground coriander, cumin and salt (2 mL)
- 1 cup dried green lentils (250 mL)
- 1/4 cup minced fresh celery leaves and/or (50 mL)
- coriander leaves
- 3 Tbsp lemon juice (45 mL)

METHOD:
1. Warm Lentil Salad: In large saucepan, heat 1 tbsp (15 mL) of the oil over medium heat; cook leek, celery, carrot, garlic, coriander, cumin and salt until softened, about 5 minutes.
2. Stir in 3 cups (750 mL) water; cover and bring to boil. Add lentils; reduce heat and simmer until tender, 25 to 30 minutes. Drain and transfer to bowl. Add remaining oil, celery leaves and lemon juice; toss to combine.
3. Meanwhile, in small bowl, combine coriander, cumin, cayenne and salt; rub over top of trout fillets. Broil on greased baking sheet until fish flakes easily when tested, 6 to 8 minutes. Serve with lemon wedges and salad.

Per serving: about 499 cal, 46 g pro, 21 g total fat (4 g sat. fat), 34 g carb, 7 g fibre, 90 mg chol, 516 mg sodium, 1,233 mg potassium.

Gingersnap Cookies

MAKES ABOUT 48 COOKIES

A gluten- and nut-free dessert

For gluten-free baking, we use Bob's Red Mill Gluten-Free All-Purpose Baking Flour. Look for it in health food stores or the organic section of grocery stores.

INGREDIENTS:
- 1/3 cup unsalted butter, softened (75 mL)
- 1 1/3 cups granulated sugar (325 mL)
- 1 egg
- 1/4 cup fancy molasses (50 mL)
- 2 1/2 cups gluten-free all-purpose baking flour (625 mL)
- 1 1/2 tsp ground ginger (7 mL)
- 1 tsp baking soda (5 mL)
- 1 tsp each ground cloves and cinnamon (5 mL)
- pinch salt

METHOD:
1. In large bowl, beat butter with 1 cup (250 mL) of the sugar; beat in egg and molasses. In separate bowl, whisk together baking flour, ginger, baking soda, cloves, cinnamon and salt; stir into butter mixture to form stiff dough.
2. Roll dough by level 1 tbsp (15 mL) into balls; roll in remaining sugar. Place, 2 inches (5 cm) apart, on parchment paper–lined baking sheets; press to flatten slightly.
3. Bake in 350°F (180°C) oven until edges are light golden, about 12 minutes. Transfer to rack; let cool. (Make-ahead: Store in airtight container for up to 5 days or freeze for up to 2 weeks).

Per cookie: about 61 cal, 1 g pro, 2 g total fat (1 g sat. fat), 12 g carb, 1 g fibre, 7 mg chol, 28 mg sodium, 29 mg potassium.

online
For more Tested-Till-Perfect recipes, visit canadianliving.com

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

Version 2009

I can't think of a more polarizing style of wine than **Beaujolais Nouveau**. Made from quickly pressed gamay grape juice in France's Beaujolais region; it's the first liquid released from the northern hemisphere's 2009 harvest. Air freighted to wine shops the world over — who promise not to sell any until the third Thursday of November (which is this Thursday) — it's either revered or reviled by wine fans.

While there's no denying that its arrival brings some much needed attention to the floundering French wine industry; the hype — that convinced folks to line up for a bottle back in the '70s — has been diluted considerably by wet blanket snobs who can't see the fun past the marketing plan.

Though always light and super fruity; Georges Duboeuf, the undisputed king of Beaujolais, claims that thanks to some great weather Nouveau version 2009 will be one of the best in the last 50 years.

Selection across the country will vary with wines from producers like Duboeuf, Pierre André, Mommessin and Albert Bichot averaging around **$13 to $16**. Be sure to serve them chilled.

Where do *you* like your pint?

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If baking with white whole wheat
Like standard whole-wheat flour, white whole wheat requires additional moisture and some recipes intended for all-purpose flour will require some adjustments if making a substitution. THE CANADIAN PRESS

A pleasure without the guilt

When baking cakes, there are a few things you can do to give most recipes a healthy makeover. This pumpkin-cranberry spice cake, for instance, is an indulgent but healthy treat that uses tricks easily applied to other recipes.

LARRY CROWE/THE CANADIAN PRESS
Pumpkin-Cranberry Spice Cake

First, half of the all-purpose flour is replaced with white whole-wheat flour, which significantly increases the cake's whole-grain count without adding the astringent flavours some people associate with more conventional whole wheat.

White whole-wheat flour has the same nutrition as standard whole-wheat flour, but with a lighter colour and milder flavour. It's milled from a hard white winter wheat berry, rather than the hard red spring wheat berry of traditional whole-wheat flours.

Second, canned pumpkin puree does double duty by providing a classic flavour and replacing all but 75 ml (1/3 cup) of the oil. This combination keeps the cake moist and tender while keeping down the fat.

For many cake and quick-bread recipes, especially richly flavoured ones such as chocolate and gingerbread, you also can use fruit purees to replace up to three-quarters of the fat.

Apple butter or prune puree (which is available commercially in cans as prune or plum pie filling) work best because they add plenty of moisture and contain pectin, which like fat coats the starchy flour particles and prevents them from forming the glutens that make baked goods chewy.

Finally, the pumpkin cake is simply decorated with a dusting of powdered sugar rather than a heavy frosting which would add additional fat and calories.

For a fancier finish, you can make a glaze by whisking together 30 ml (2 tbsp) orange juice, 2 ml (1/2 tsp) orange zest and 300 to 375 ml (1 1/4 to 1 1/2 cups) powdered sugar. Drizzle the glaze over the cake just before serving.

Pumpkin-Cranberry Spice Cake

SERVES 16

INGREDIENTS:

- 300 ml (1 1/4 cups) all-purpose flour
- 250 ml (1 cup) white whole-wheat flour
- 15 ml (1 tbsp) cinnamon
- 10 ml (2 tsp) ground ginger
- 5 ml (1 tsp) allspice
- 5 ml (1 tsp) nutmeg
- 10 ml (2 tsp) baking powder
- 10 ml (1 tsp) baking soda
- 5 ml (1 tsp) salt
- 375 ml (1 1/2 cups) sugar
- 75 ml (1/3 cup) canola oil
- 3 large eggs
- 10 ml (2 tsp) vanilla extract
- 1 can (426 ml/15 oz) pumpkin
- 10 ml (2 tsp) grated orange zest
- 30 ml (2 tbsp) orange juice
- 30 ml (2 tbsp) water
- 250 ml (1 cup) dried cranberries
- Powdered sugar, for dusting

METHOD:

Heat oven to 180 C (350 F). Coat a large Bundt pan with cooking spray or brush with oil. Add a small amount of granulated sugar and turn the pan to coat the inside, discarding any excess.

In a medium bowl, stir together both flours, cinnamon, ginger, allspice, nutmeg, baking powder, baking soda and salt.

In a large bowl, combine sugar, oil, eggs and vanilla. Beat with an electric mixer on high until mixture is thick and pale, about 3 minutes. Add pumpkin, orange zest and juice, and water. Beat on low until smooth.

Sift dry ingredients on top of pumpkin mixture and stir just until combined. Stir in cranberries.

Using a rubber spatula, scrape batter into prepared pan, smoothing top. Bake for 40 to 50 minutes or until a skewer inserted at the centre comes out clean. Turn cake out onto a wire rack to cool completely.

Dust with powdered sugar before serving.

THE ASSOCIATED PRESS

Coke goes green for 2010 Olympics

BEVERAGE Coca-Cola Canada (Ltd.) announced yesterday that its 100 per cent recyclable PlantBottle packaging will be featured throughout the Vancouver 2010 Olympic Winter Games.

The PlantBottle package — the primary beverage product package to be used during the games — is just like traditional PET plastic. It is recyclable by design, not biodegradable.

A variety of products, including Coca-Cola, Sprite, Fresca and DASANI beverages will be in Western Canada in the PlantBottle package beginning in December.

PlantBottle packaging is currently made through a process that turns sugar cane and molasses, a by-product of sugar production, into a key component for PET plastic. The sugar cane being used comes from predominantly rain-fed crops that were processed into ethanol, not refined sugar.

METRO NEWS SERVICE

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CRUISE roundtrip Miami and visit Grand Cayman and Cozumel. Sails Nov 29/ncl.

Eastern Caribbean
7-Night Cruise $391
Norwegian Pearl — + taxes & fees $94
CRUISE roundtrip Miami and visit Samana Bay, St Thomas, Tortola and Great Stirrup Cay. Sails Dec 12/ncl.

Mexican Riviera 7-Night Cruise $459
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CRUISE roundtrip Los Angeles and visit Los Cabos, Mazatlan and Puerto Vallarta. Sails Nov 29/rcl.

Hawai'i 7-Night Cruise $783
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Puerto Plata 7 Nights 4-Star $535
Bahia Principe San Juan — + taxes & fees $333
Departs Nov 26/sig/ts.

Varadero 7 Nights 4-Star $555
Mercure Playa de Oro — + taxes & fees $205
Departs Nov 29/swg/wg.

Cancun 7 Nights 4-Star $595
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Punta Cana 7 Nights 4-Star $635
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Seasonal All-inclusives

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Departs Dec 21/swg/wg.

Puerto Plata Christmas
7 Nights 4.5-Star $887
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Departs Dec 21/sqv/5g.

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Best Western Orlando Gateway — + taxes & fees $235
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Quebec City Ice Hotel
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Great Yoga Retreats
Arty publishing house Taschen is set to launch a compilation of "the finest Yoga retreat sites and centres, from Mexico to India via Tuscany and Big Sur." Pre-order Great Yoga Retreats by Kristin Rubesamen and Angelika Taschen for $31.49 at amazon.ca. METRO NEWS SERVICES

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Chock full of charm

Pandora's Makeup Box strikes a lighthearted note

JANINE FALCON
for Metro Canada

A new Canadian line of colour cosmetics is aiming to make a charming beauty impression with cheerfully feminine eco-responsible packaging, a wearable palette of hues and high-pigment formulas.

"I wanted it to be a happy line," says Pandora's Makeup Box creator Susan Kirsch, a successful makeup artist for 25 years and owner of Kirsch Cosmetic Studio in Toronto. "Why does makeup packaging have to be black?"

As well as pretty packaging, reducing potential waste was a key concern for Kirsch. Recyclable lipstick and gloss boxes have a plastic-free cutout window through which to see product shades.

Durable magnetized cardboard palettes are designed to outlast the pans of powder so they can be refilled and reused. The cardboard itself is composed of recycled materials and printed with soy ink, which is less environmentally stressful than regular ink and facilitates easier recycling.

And rather than enclose the compacts in boxes or shrinkwrap for shipping, Kirsch went for snug-fit removeable and recyclable cardboard bands.

Kirsch also considers waste at a manufacturing level. "I chose to work with a small lab so I could produce smaller batches of makeup," she says. "I wanted to reduce the chances of product sitting around on shelves until they expire."

When it came to creating her makeup shades, Kirsch took her diverse clientele into account. A blush pink lipstick called Sweet is appropriate for her young Bat Mitzvah clients; bolder shades such as Beautiful, Flushed and So Real are designed for more mature women. XOXO, a peachy-pink gloss, is for women who usually can't wear pink because the natural undertone in their lips is too blue.

Great is her only sheer gloss, a transparent red for women too shy for bold red lips. And a gloss called Ciao, which Kirsch admits looks strange in the tube, actually looks great on Asian faces because it works with the acidity in their skin.

"I have acidity issues myself — some colours turn really pink on my lips," says Kirsch. "I wear a peach-gold lipstick called Sexy with a gloss called Soft, a flattering nude shade I can also wear by itself."

Value was another important concern. Each disk of powder eye shadow or blush contains 4 grams, a generous amount for $18 each, or $14 each when composing an eye-and-cheek palette. "I used the same pan size for shadow and blush to make it easy to mix and match in the same compact," says Kirsch. And the highly pigmented formulas means the makeup wears well, and overall lasts the client a long time: she needs only a little to achieve a compliments-please finish.

• Pandora's Makeup Box is available at Murale, mur ale.ca, and via PandorasMakeupBox.com.

DOUG STURGEON/ECLIPSE PHOTOGRAPHY

Susan Kirsch, creator of Pandora's Makeup Box.

"I wanted it to be a happy line. Why does makeup packaging have to be black?" Susan Kirsch, Pandora's Makeup Box creator

Left, custom palette: Empty compact, $10; eye shadow and blush, $14 each. Below, powder blush, $18.

GEOFF GEORGE (PRODUCT IMAGES)

Left, powder blush in Misty Pink, $18, is Kirsch's choice for women who like just a hint of cheek colour. Below left, Powder blush in Pout, $18, is a fresh pop of pink for all skintones, says Kirsch.

Lipstick in Sexy, $16

Lip gloss in Ciao, above, and Great, left; $16 each.

Low-fat diets may be better for mood

NUTRITION It's an age-old question for dieters: Low fat or low carb? Well, they can both result in equal weight loss. But if you want to avoid biting someone's head off, a low-fat diet might be better.

People on low-fat diets aren't as susceptible to hostility, depression and being in a bad mood as people on low-carbohydrate diets, according to an Australian study.

The study involved 106 overweight and obese adults, who successfully dieted for one year, with the help of meal plans, recipes, a supply of certain foods and regular support from a dietitian. People in both groups lost an average of 30 pounds and were pleased with this. But at the one-year mark, they were clinically assessed for anger/hostility, confusion/bewilderment and depression/dejection. The low-carb dieters fared worse on these measures.

Researchers guessed that low-carb diets are harder to stick to than low-fat diets because they are further removed from typical Western food habits. Perhaps that's why they take more of a mental toll. CELIA MILNE/ FOR METRO CANADA

Please pass the Kryptonite

Canadian researchers have pioneered a new way to mend a patient's breastbone after open-heart surgery, using a state-of-the-art adhesive called Kryptonite that cuts healing time and reduces pain. THE CANADIAN PRESS

STDs are still on the rise: U.S. officials

SEXUAL HEALTH Sexually spread diseases continue to rise, with reported chlamydia cases setting yet another record in 2008, government health officials in the U.S. said yesterday. Last year there were 1.2 million new cases of chlamydia, a sometimes symptomless infection that can lead to infertility in women. It was the most ever reported, up from the old record of 1.1 million cases in 2007.

Better screening is the most likely reason, said Dr. John Douglas Jr. of the U.S. Centers for Disease Control and Prevention. Syphilis, on the verge of being eliminated in the United States about 10 years ago, also has been increasing lately. About 13,500 cases of the most contagious form of the disease were reported in 2008, up from about 11,500 the year before.

Unlike chlamydia, health officials think syphilis cases actually are increasing. Syphilis rates are up among both gay men and heterosexuals, said Douglas, director of the CDC's Division of STD Prevention.

Syphilis can kill if untreated, but chlamydia is not life-threatening. Neither is gonorrhea, which seems to have plateaued in recent years. Gonorrhea cases dropped to about 337,000 cases in 2008, down from about 356,000 cases. Girls, ages 15 through 19, had the largest reported number of chlamydia and gonorrhea cases, accounting for more than one in four of those cases. But they're often screened more than other people, since 1993 federal recommendations that emphasize testing for sexually active women age 25 and under. The government estimates there are roughly 19 million new cases of sexually transmitted disease annually. Experts say the most common is HPV, human papillomavirus, which can cause genital warts, cervical cancer and other cancers.

The government doesn't ask doctors to report every HPV case, but estimates the virus causes 6.2 million new cases each year. That is an old estimate, based on data from 2000, before a vaccine against some types of HPV came on the market in 2006.

The CDC estimates there are 1.6 million new cases of genital herpes each year, but that too is an old estimate for a non-reportable disease. The agency also estimates there about 56,000 new cases of HIV each year.

THE ASSOCIATED PRESS

New guide helps in talking to aging parents

RESOURCES A new web guide released yesterday aims to assist baby boomers initiate difficult conversations with their aging parents about health and mobility issues.

The kit, available at bcit.ca/mobility, was put together by Christine Flegal, a gerontologist in the Living Laboratory at the B.C. Institute of Technology.

THE CANADIAN PRESS

Vampire mania: It's all about sex

The J Spot

Josey Vogels

metronews.ca/thejspot

There's still time to get your New Moon duvet cover or your Bite Me Edward tote bag before Friday, which is the official release date of the much-anticipated second installment in the Twilight series, The Twilight Saga: New Moon.

Unless you've been hiding in a bat cave, you'll likely have noticed that vampires are hot these days. The television drama True Blood is HBO's most popular series since The Sopranos and Sex and the City. The CW's The Vampire Diaries is becoming equally popular. And, depending on your sources, as many as 33 vampire movies were produced in 2008/2009.

So what's got us all so bloodthirsty? Some would say it's all about sex. In fact, True Blood creator Alan Ball has been quoted as saying that vampires are a metaphor for sex. Certainly, the whole seductive, neck-biting, blood-sucking thing has a not-so-subtle sexual undertone; but when Bram Stoker brought the vampire to the masses in 1897, his novel Dracula was also a thinly vampire-cloaked metaphor for the repressed and conservative sexual mores of the time.

Giving into the count's temptation turned women into dangerous seductresses, the opposite of the unrealistic Victorian ideal of women as virgins or mothers.

Unlike the brutish, macho vampires of yesteryear, today's young vampires reflect a more modern young man. Sort of like Vampire Metrosexuals, they're sensitive, pretty boys with tortured souls and perfectly mussed hair.

But today's vampire tales still seem to act as a metaphor for society's sexual mores and some of them haven't changed much.

Just as with Stoker's Dracula, there is still an underlying message that a woman who gives in to her sexual urges will be punished. While human Bella wants to do it, despite undead Edward's reluctance, she also knows that having sex with him could unleash his bloodlust, with dire consequences for her.

Edward's insistence that they wait certainly reflects the current, conservative preaching to young people to practise abstinence. But, just as in Victorian days, vampire fiction doesn't always reflect mortal reality.

As Robert Pattinson, the actor who plays Edward, put it in a recent interview: "I think it's hilarious that everyone, especially parents, are saying it's about abstinence and they're really pleased their kids are reading it (the movies are based on a book series). And yet so many people who are reading the books are thinking" I want them to have sex! I want them to make me want to have sex!"

• I'm looking for intimate stories from couples for my next book. For details about what I'm looking for and how to submit, visit my Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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LOOKING AFTER THEIR HEALTH FOR THE HOLIDAYS

Dr. Peter Georgopolous
Dental Surgeon

For many of us, we are heading into one of the most special and exciting times of the year. The Holiday Season is around the corner and will be here before we know it. Some of you have, no doubt, already started to prepare for those Holidays. Others might be thinking they better start preparing! Regardless of the situation you find yourself in, the excitement must be starting to build.

And for those of you with children attending university away from home, the build up to the Holidays can bring that much more anticipation. Children will soon be returning home for the Holidays. You will be able to spend a couple of weeks with them, perhaps for the first time in a long time, before they return to their schools in other cities, provinces, or perhaps even countries.

Regardless of where your children attend university, we all know how busy the holiday season can be. But however busy you are, we recommend that you make time to bring your university student's to the dentist while they are home.

The reason is simple. Oral health is a vital component of overall health. Yet it is so frequently overlooked. One study indicated at as many as 80% of 17 and 18 year olds in the United States suffer from tooth decay.

This is the very age that they will be entering university. They will be in a more rigorous academic environment than they have ever been accustomed to. Those living away from home may be learning how to manage their own households for the first time. Many of them may be working part time as well. And of course, they will also be busy enjoying their social lives.

With all of these activities, many of them will not think about the importance of visiting a dentist. But making sure they remain healthy is important.

Poor oral health is a major issue in academic performance. The pain and/or infections associated with tooth decay can result in more missed class time, reduced concentration and less ability to focus on assignments or exams. You can imagine the negative impact this can have on marks.

You may not be able to help them with their homework anymore, but you can use the holidays to improve their school performance by helping them look after their oral health. Now is the time to book a dental appointment for your university student. And while you are at it, why not book one for yourself to make sure your teeth sparkle during the Festive Season!

Hopefully, we will not find any problems that require treatment. If a problem is detected, however, we may have the time over the holidays to treat it and send them back to school with confidence in their oral health.

The Holiday Season will be here soon so contact your dentist to schedule that appointment today. Because maintaining a high academic standing is a healthy habit…and healthier habits lead to healthier lives.

Dr. Peter Georgopolous
- Dental Surgeon

H1N1 FLU VACCINE STUDY
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We are looking for volunteers to join a clinical research study of an experimental H1N1 flu (also called "swine flu") vaccine. The study is for adults, 18 years of age and older.

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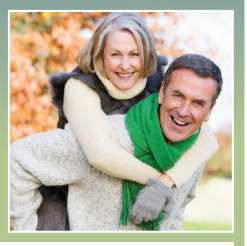

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ADVERTISING FEATURE

DON'T LET DRY SKIN FORCE YOU INTO HIBERNATION

Tips and suggestions for protecting your skin this winter

Dr. Kucy Pon

November is a month of transition. Cold, dry winds replace mild autumn temperatures, winter wardrobes are pulled out of storage and darkness emerges before the end of the workday. This adjustment can be trying, but it's not without its benefits – there's sexy boots to pull on, winter hats to cover bad hair days and holiday lights to hang up. That said Canadian winters are tough. Shorter days, colder nights, lack of sunlight and, let's not forget, the return of dry, itchy, flaky skin.

We might complain about the humidity in summer but at least it keeps our skin moist. Not so with Old Man Winter, whose low temperatures and biting winds can strip away the natural oils that coat and protect our skin's surface. Once the surface layer is compromised, skin can no longer retain its moisture. As a result, skin on the face and body tends to be in worse condition during the winter months than at other times of the year.

WHAT DOES WINTER SKIN LOOK LIKE?

Dry, itchy skin can appear anywhere on the body; but hands, arms, lower legs, elbows, back and abdomen are the most common areas. Often it feels like our skin is tightened (but not in a good way) or annoyingly itchy, but on some people, dry skin can be noticeable and very problematic.

In extreme cases, dry skin can lead to inflammation of the skin which can manifest as redness, swelling, crusting, weeping, cracks and fissures. These open cracks and fissures can lead to skin infection.

RELIEF IS IN SIGHT

So how do we combat dry, winter skin? Well, unfortunately, many of our coping strategies for harsh weather only make things worse. "In the winter, we tend to turn up the heat and take long baths or hot showers to warm ourselves up," says Dr. Kucy Pon, dermatologist and consultant to Olay. "While these activities might feel good, they can actually dehydrate the skin and wash away essential oils."

But don't fret. There's good news. Because the majority of factors that lead to dry skin are external and controllable, with care and attention, they can be treated and prevented.
According to Dr. Pon, the number one thing women can do to prevent dry winter skin is to use a good moisturizer. "A moisturizer has an immediate effect in terms of making surface skin feel better but it also performs several important functions, stresses Dr. Pon. "It enables lost water to be replaced, and then helps to keep it in the skin by the humectants it contains."

> 'The number one thing Canadians can do to prevent dry winter skin is to use a good moisturizer that relieves dry skin quickly'

This winter give your skin the clinical treatment it deserves with new Olay Quench Advanced Relief Body Lotion. Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin andVitamin E, Quench Advanced Relief is non-greasy and fragrance-free.

Dr. Pon's winter skin survival tips

Don't let dry skin force you into hibernation. Dr. Kucy Pon, dermatologist and consultant to Olay, shares her insider tips for keeping itchy, flaky skin at bay this winter.

1. MOISTURIZE DAMP SKIN

How you use a moisturizing lotion is as important as using the lotion itself. Optimum results come from applying lotion to damp skin which will help trap and seal in moisture. Moisturizing as soon as you step out of the shower is ideal.

2. PAY ATTENTION TO YOUR HANDS

While it's important to wash your hands to help prevent illness, soap and hand sanitizers can strip essential oils from the skin. Keep a hand lotion close by to replenish moisture.

3. CREATE AN OASIS

Put some moisture back into the air by using a humidifier in your home or office. It will counteract the drying effects of indoor heat.

4. DRINK LOTS OF WATER

Increase your body's natural moisture level by staying hydrated throughout the day.

5. KEEP WRAPPED UP

Dress for the season and try to limit your skin's exposure to harsh temperatures and damaging winds.

OLAY®

King marries his queen

Kings of Leon drummer Nathan Followill has wed his girlfriend, singer/songwriter Jessie Baylin. They tied the knot on the weekend in Tennessee in front of close friends and family, including Scarlett Johansson. USMAGAZINE.COM

Entertainment

Crown jewel

Bragelina have completed a limited edition collection of gold jewelry and silver accessories called The Protector for high-end jeweler Asprey.

USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Vampires to dominate holiday season

Post-apocalyptic worlds, Fantastic foxes and a new Sherlock Holmes slated for the big screen

STEVE GOW
for Metro Canada

As we move into the final few weeks of 2009, there is much to occupy people's minds — namely Christmas.

But along with the perennial pursuit of great gifts comes the annual boon of box-office hits and this year's choices will be no different.

Whether you get your kicks from brooding vampires, a foxy George Clooney or musicals based from avant-garde films — the forthcoming holiday movie season has something for everyone to enjoy.

Here is a glimpse at what is upcoming:

WETA

Sam Worthington, left as Jake Sully and Zoë Saldana as Neytiri star in Avatar.

ALEX BAILEY

Jude Law, left, as Dr. Watson and Robert Downey Jr. as Sherlock Holmes star in the action/adventure mystery Sherlock Holmes.

TWILIGHT: NEW MOON
(Nov. 20)
The holiday season kicks off with the hotly-anticipated second installment of the Twilight saga featuring vampire Edward and his girlfriend now caught in a love triangle with a teenaged werewolf. Seriously.

FANTASTIC MR. FOX
(Nov. 25)
Wes Anderson (Rushmore) tries out animation with help from George Clooney as an adventure-seeking fox in this quirky adaptation of Roald Dahl's classic children's book.

THE ROAD
(Nov. 27)
In this critically-acclaimed reworking of the Pulitzer-Prize winning novel, Viggo Mortensen tries to protect his son in a post-apocalyptic world where food may be scarce but Oscar nominations will be plentiful.

UP IN THE AIR
(Dec. 4)
George Clooney makes another appearance (and may just nab a second Oscar) in this clever comedy about a downsizing expert whose own flighty lifestyle gets grounded.

THE LOVELY BONES
(Dec. 11)
Peter Jackson (Lord of the Rings) adapts this hit novel about a murdered young girl who watches her family from heaven. I'm fairly certain Gollum doesn't make an appearance.

AVATAR
(Dec. 18)
It's been a decade since James Cameron's Titanic. Now the Oscar-winning filmmaker gets back to his sci-fi roots with this cutting edge thriller that's cost over $200 million to produce. Let's hope it doesn't sink like…well, you know.

ALVIN & THE CHIPMUNKS: THE SEQUEL
(Dec 25)
The animated pop-singing rodents are back to save a struggling high school music program. To clear any uncertainty, this is not a documentary.

SHERLOCK HOLMES
(Dec. 25)
Robert Downey Jr. gives the legendary character a facelift in this Guy Ritchie-film. Sir Arthur Conan Doyle would be proud.

NINE
(Dec. 25)
Rob Marshall (Chicago) directs this musical version of Fellini's classic film 8 ½. With an ensemble cast that includes Daniel Day Lewis and Nicole Kidman, Nine will surely make Millions at the box office this Christmas.

Movie **feature**

Read Kids' Metro! *Special edition out on Friday, 20th*

NEXT FRIDAY, CHILDREN WILL RULE METRO

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On Friday, November 20th, it's Kids Day at Metro! We're celebrating the 20th anniversary of the adoption of the Convention on the Rights of the Child by the United Nations. Read about the leaders of the future: and find out what Canadian kids would do if they ruled the world. Also an exclusive interview with Annie Lennox on her children campaign.

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Sigourney sued
Sigourney Weaver has been named in a $5 million US lawsuit involving a cosmetics company. The Alien actress is a minority shareholder in the business, and owner Vincent Longo is being sued by Anthony Minuto after a transaction between the pair turned sour. FEMALEFIRST.CO.UK

Heartthrobs a girl's best fantasy

Hollywood crushes are often teen's first taste of love

Fifteen-year-old Chloe Bates is in love.

A 10th-grader at an all-girls Catholic school, she lights up when she talks about her handsome 17-year-old honey. Chloe doesn't know too many boys, so she still gets a nervous, buzzy feeling whenever she thinks about HIM. Her friends know all about this guy — he's a regular text and telephone topic between school, homework and dance practice.

Chloe keeps a few pictures of him on her bedroom wall, scattered among snapshots of her and her friends. She also writes about him in her journal. But she can't really get close to him. It's like he doesn't know she exists.

Chloe is in love with Taylor Lautner, one of the hunky stars of the Twilight films. And she's not alone.

Girls have been falling in love with movie stars since the dawn of cinema. When teenagers became Tinseltown's prime marketing target, Hollywood delivered handsome heartthrobs any girl could love.

James Dean. Frankie Avalon. David Cassidy. Rick Springfield. Johnny Depp. There are teen icons for every generation. For Chloe and millions of girls around the world, it's Lautner and Robert Pattinson of New Moon, the latest instalment in the Twilight series.

These girls aren't just experiencing a movie-star crush, they're participating in a uniquely female rite of passage: The birth of romantic fantasy. And today's technology — online fan forums, Twitter — lets them get closer than ever.

Before real boyfriends and first kisses, girls' imaginary relationships with their heartthrobs provide a precursor to adult romance — a love before they know what love might be.

THE ASSOCIATED PRESS

GETTY IMAGES

GETTY IMAGES

From James Dean, left, to Johnny Depp, centre, to Robert Pattinson, Hollywood has delivered handsome heartthrobs that any girl could love in the privacy of their bedrooms.

"They're practising feelings of love and attachment and attraction and romance," says Los Angeles psychologist Wendy Walsh, whose own 11-year-old daughter also loves Lautner. "These are all new feelings, and what a safe way to play them out — in the privacy of their own room with a poster of Taylor Lautner."

The Twilight series itself is about first love. New Moon centres on Bella Swan, an ordinary teenager in love with the mysterious Edward Cullen (Pattinson), who comes from a family of vampires. Edward is romantic and otherworldly, and though he literally hungers for her, he's gentle and protective. But he leaves and Bella finds comfort with her loyal, longtime friend Jacob Black (Lautner), whom she later discovers belongs to a lineage of werewolves.

"It would be so fun to be Bella," Chloe says wistfully. "I love the idea of having two super-hot mythical creatures fighting over me. I just think that would be incredible."

Pattinson and Lautner may be slightly sexier than teen idols past, but they're cut from the same teen-heartthrob cloth as their predecessors: Smooth-faced stars who seem wholesome — and just a touch away from attainable.

"It would be so fun to be (Twilight's) Bella. I love the idea of having two super-hot mythical creatures fighting over me."
Chloe Bates, 17

Heidi Hurst, executive editor of teen pinup magazine Tiger Beat, notes that since the magazine was established in 1965, the guys on its pages have been "non-threatening, more on the boyish side of good looks." The November issue features Lautner and Pattinson on the cover.

Most Tiger Beat readers, who range in age from 8 to 16, "still aren't dating boys in real life and this is their first exposure to boys as in 'They're cute. I like them,'" Hurst says.

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Mariah's Christmas hit remixed

Mariah Carey's hit All I Want for Christmas Is You has been remixed by Joey Arbagey for its 15th anniversary. The song was the first single of Carey's 1994 album, Merry Christmas. **POPEATER.COM**

Forever or nothing

Canadian R&B star Massari ready to take over world

BRIAN TOWIE
Metro Canada

When Metro last talked to Massari three years ago, he was regaling us about what would make a perfect date. His included a steak dinner, rose petals on the bed and Boyz II Men playing in the background. These days, it would consist of popcorn, a movie and snuggling on the couch with sweat pants on.

It's an unlikely answer from, all appearances to the contrary, a deceptively uncomplicated and driven man.

Upon listening to the release of sophomore effort Forever Massari, released last Tuesday in Canada and slated for international audiences today, one would suspect the Beirut-via-Ottawa R&B artist to be obsessed with pizzazz, and the desire to lay down a driving, edgy club beat.

It's certainly seems to be the case with lead-off single Body Body, wherein Massari (born Sari Abboud) samples 1987 dance track Push It by Salt N' Pepa.

But the latest release is just one aspect of the empire for which he wants to be known, one which includes a clothing line, charity work and a signature cologne by this time next year.

"My goal for this album is my goal for everything else I want to do — global domination," he said.

"I have a philosophy of 'expect nothing, get everything' and I'm hoping for the best. I haven't stopped working since my first album (2006's Massari, which went gold in Canada), although that work has been in different areas. I'm making sure people know that was the groundwork for what I'm doing now. I have my hands in everything and I like it that way."

A grand plan lies beneath the infamously chin-strapped exterior — a beard style he left behind after attending too many Halloween parties full of people dressed as him — one that Massari has, up to this point, been executing with modest success, growing from independent artist to major-label-backed Canadian star with some international notice.

Besides the fact he can sing in three languages (English, French and Arabic) and has rarely met an old school beat he didn't like, Massari, whose name translates to "money" from Middle Eastern slang, credits its flashy designer clothing, jewelry and cars as a huge chunk of the appeal. Tools for the greater goal of leaving something to remember, he says.

"Well, I don't half-ass anything," he laughs.

Massari has returned with a new album, Forever Massari.

"My goal for this album is my goal for everything else I want to do — global domination."
Massari

"These are all tools to accomplish my mission. To be successful in the business, you have to have these things, but of course none of it is real, or the real you. Money doesn't dictate my life, the work and the results do."

When I leave this world, I'll leave with nothing. And, God willing, it will be my deeds, accomplishments and actions that will count for something. We'll remember people who were feared, for all the wrong reasons, but we remember people who were loved even more. That's what I care about."

GETTY IMAGES

Two members of electronica pioneers Kraftwerk in concert.

Kraftwerk re-wired

CAM LINDSAY
for Metro Canada

When you're 40 years into a career, it's only fair that you're afforded the opportunity to go back and right any outstanding wrongs. After decades of waiting, Kraftwerk's Ralf Hütter has finally been given his chance with the reissue of the group's last eight albums.

"I don't want to complain but some of the catalogue was never in the quality that it should have been," says the only remaining original member of the group. "It was a nightmare."

To be issued next week both individually and as a box set titled The Catalogue, Hütter now feels Kraftwerk's music can be appreciated the way it was supposed to be. "We reworked the masters, so for the first time they are remastered with the latest technology in our Kling Klang studio," he explains. "So we're very happy that for the first time the albums come in the formats with all of the artwork, like they were originally conceived."

Considered as influential on modern music as The Beatles, the pioneering electronic act from Düsseldorf, Germany can be heard in music of everyone from David Bowie and New Order to Madonna and Coldplay. But Hütter downplays Kraftwerk's impact beyond the work he and his various collaborators have put into the music.

"We called ourselves musical workers, and we just did our work with electronics," he says. "Music and technology for us were like a unit, always, and we just continued our work from there."

Hütter can't take all the credit though — there are those iconic robot mannequins that have represented the look and sound of the band all these years.

Whether it's the music or the robots people remember Kraftwerk for, Hütter says he and coworkers aren't done innovating. Earlier this year they began presenting the second half of their concert in 3-D, and in Manchester invited the British Olympic cycling team to ride on a track during a performance of their hit song Tour De France. New music is also expected at some point.

In brief

ALBUM Pope Benedict XVI sings and prays along to a mix of modern music and ancient church chants in a new album that will be released soon. The album, titled Alma Mater — Music from the Vatican, includes eight original pieces of contemporary music, interwoven with Gregorian chants and the pope's voice.

IDOLS Kris Allen knows he's not garnering as much attention as Adam Lambert — and that's OK with him. "I don't mind," an always modest Allen says. His self-titled album comes out today, a week before Lambert's For Your Entertainment.

THE ASSOCIATED PRESS

Breast implants are Christian: Prejean
Ousted Miss California USA Carrie Prejean has something to get off her chest: She isn't a bad Christian because she got implants. "No, I don't think there's anything wrong with getting breast implants as a Christian," she told Christianity Today. USMAGAZINE.COM

DVD picks

Star Trek

Director: J.J. Abrams

PHASERS SET ON "STUNNING." This is the Star Trek true fans have been missing, but barely dared hope for: a return to the original characters, in all their giddy glory and with all their hilarious hubris.

Director J.J. Abrams delivers a solid reboot to series creator Gene Roddenberry's 1960s ideas about life in "space: the final frontier."

This is either Star Trek movie No. 11 or 1, depending on whether you count it as the 11th in the series or the first in a new prequel franchise. Either way, it easily overcomes the curse that odd-numbered Star Trek movies are generally the worst.

This one ranks right up there with such character-driven triumphs as The Wrath of Khan and The Voyage Home. The special effects are seamless.

The casting is all aces. The emphasis was wisely placed on talent (including good comic timing) rather than on marquee recognition or resemblance to the original cast — although in some cases, the likeness is uncanny. By boldly going back to where it all began, Abrams has taken Star Trek exactly where it belongs.

Extras are extreme, including nine deleted scenes, a director commentary, a gag reel and several making-of featurettes.

Brüno

Director: Larry Charles

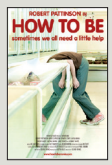
AS ANY COMEDIAN WILL TELL YOU, IT'S HARD TO TELL THE SAME JOKE TWICE. That's the situation with Brüno, in which the abundantly gifted and remarkably brave (or crazy) Sacha Baron Cohen once again attempts mass deception for comic purposes. His title character in Borat came across as a harmless doofus confronting a foreign land and culture, and benefited mightily from Cohen's lack of renown. Most people didn't know they were being played for laughs.

He's neither harmless nor anonymous this time out. Cohen's Brüno, an Austrian fashionista with minor talent and major attitude, has just one big dumb prank to play about being gay, and he does so to the point of numbness. Gays and straights can feel equally offended, but also equally bored.

Cohen needs to move on to another brand of comedy that better serves him.

The numerous DVD extras include commentary by Cohen and director Larry Charles in which they reveal who was in on the joke — including Harrison Ford, who appeared to be one of the few spontaneously hilarious reactions to Brüno's antics.

How to Be



Director: Oliver Irving

INEPTLY WRITTEN AND DIRECTED BY OLIVER IRVING, THIS DIRECT-to-DVD comedy has little going for it apart from Robert Pattinson, better known as vampire Edward in the Twilight series. Here he's saddo Art, a London wannabe singer-songwriter whose lack of musicianship is matched by his poor self-esteem. When his girlfriend dumps him and his parents ignore him, Art finds himself in the midst of a "quarter-life crisis."

He cashes in an inheritance to hire Canadian self-help guru Dr. Levi Ellington (Powell Jones), who crosses the Pond to live with him and teach him how to "be more normal."

The rich comic premise is never remotely realized. All of the secondary characters are poorly drawn or entirely loathsome. Yet Pattinson impresses in a difficult role, which makes this a worthwhile rental for any Twilight fan seeking another look at the man behind Edward.

Extras include a director's commentary, an interview with Pattinson and a making-of featurette.

Peter Howell/for Metro Canada

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Janet blames MJ's death on doctor

INTERVIEW Janet Jackson blames Dr. Conrad Murray for her brother Michael's death.

She told ABC News in an interview to air Wednesday that Murray should no longer be allowed to practice medicine. Murray faces manslaughter charges for the pop star's death this summer. THE ASSOCIATED PRESS

In brief

JACKSON FUNERAL The Los Angeles city attorney says he's still seeking reimbursement of the $3 million the city spent for the Michael Jackson memorial — even though a report says there was no law at the time forcing a payback.

STILL SCREAMING Courteney Cox says she's excited about returning to the horror genre in Scream 4, the upcoming slasher sequel in the popular horror trilogy.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

primetime — 11/17/09

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
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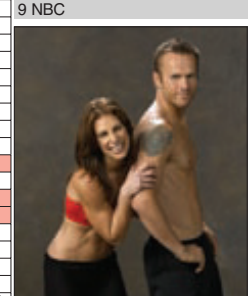
	400	280	30	TSN	That's Hockey!	Over the Bolts	30 for 30 (HDTV)		NBA Basketball Toronto Raptors at Denver Nuggets. (HDTV) (Live)				
	410	403	52	SCR	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.						Score Now
family	411	457	56	OLN	Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Test Ride	Jacked!	Jacked!	Pass Time
	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
cable variety	570	580	29	MM	The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	628	584	32	SPKE	UFC Unleashed		UFC Unleashed (N)		Super Dave	Ultimate Knockouts 7 (HDTV)		Super Dave	Unleashed
	521	560	34	TLC	Jon & Kate	Jon & Kate	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Table for 12
	145	761	35	TV5	Zoom animal		Pékin express				Avenirs	Hors série	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		*Disaster Zone: Volcano in New York* (2006, Action)				Bones (HDTV)		NCIS
	620	523	40	BVO	SABIAN: The Cymbal Makers		Live at the Rehearsal Hall		*Glenn Gould: Hereafter* (2005, Documentary)				Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Time Warp Metallica. (N)		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	601	562	45	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Men in Black* ★★★ (1997, Comedy)		
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Fringe (HDTV) (N)		InnerSpace (N)
	581	566	53	MTV	Peak Season	After	Disaster Date	The City	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	129	773	60	CD	Biographies "Demi Moore"		Mayday (HDTV)		Images-chocs		Les Procureurs		National Geo
	261	394	61	V	Murder, She Wrote		Hallelujah!	Dinnerladies	Quantum Leap (Part 1 of 2)		Unscripted (N)	I Prophesy	Poltergeist
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked (N)		10 Years
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Rez Rides	Moccasin Flats	Short Cuts
	621	527	71	TLK	etalk	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Exotic	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.

critics'corner

The Biggest Loser
Fashion consultant Tim Gunn and hairstylist Tabatha Coffey help give the remaining six contestants makeovers. The contestants reveal their new looks to their loved ones, then face a high-flying challenge that will earn the winner a two-week trip to a fitness resort in southern Utah. 8:30 PM on 15 CITY 9 NBC



Being Erica
Erica is unimpressed to discover that Kai is a case-study volunteer for the sex book she's working on. A trip back in time to see her deceased brother, Leo, also leaves her disillusioned when she sees a different side of him. She returns ready to confront her feelings for Kai in the new episode "A River Runs Through It ... It Being Egypt." 9 PM on 8 CBC

The Good Wife
Alicia is caught off guard when Peter needs her to testify on his behalf in his appeals process, just as she is preparing to defend a scientist accused of arson in the new episode "Unprepared." 10 PM on 13 CBS 3 GTV

From bibs to bras

Heidi Klum isn't letting the recent birth of her fourth child stop her from getting back to work. The supermodel mom will be hosting the Victoria's Secret lingerie show, according to Page Six. METRO WORLD NEWS

Celebrity Buzz

Speidi-Roker showdown on hold

AS MINUTE SIXTEEN APPROACHES Spencer Pratt and Heidi Montag never got their rematch with the Today show's Al Roker, us-magazine.com reports.

The pair were expected on the NBC morning talk show Monday morning to promote their new book, How to Be Famous: Our Guide to Looking the Part, Playing the Press, and Becoming a Tabloid Fixture.

"Due to a change in the show's schedule, we had to cancel the interview with Spencer and Heidi Pratt," a Today show rep tells us-magazine.com.

When the pair appeared on the show this past June, Montag said Roker made her cry with his harsh line of questioning. He also took Pratt to task, telling him that people think he acts like a "jerk."

After their awkward chat, Roker took to Twitter to continue criticizing the pair.

"Heidi and Spencer are an interesting couple. famous for...being infamous," he Twittered. "Bad and vacuous behavior. I think we're at minute 11 of their 15."

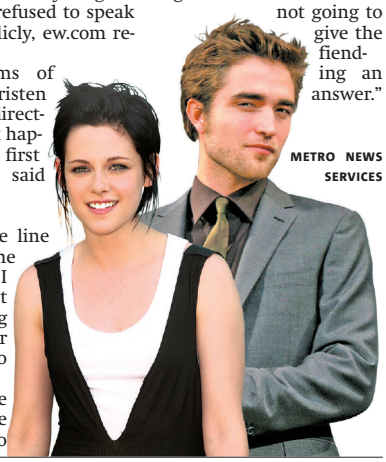
METRO NEWS SERVICES

Yes, Twilight stars are an item dishes director

THE SOUND OF A MILLION TWI-HEARTS BREAKING In an interview with Time, Twilight director Catherine Hardwicke commented on the rumored relationship between stars Kristen Stewart and Rob Pattinson — a subject the young actors have refused to speak about publicly, ew.com reports.

"In terms of what Kristen told me directly, it didn't happen on the first movie," said Hardwick. "Nothing crossed the line while on the first film. I think it took a long time for Kristen to realize, O.K., I've got to give this a go and really try to be with this person."

Earlier this month, Stewart explained her silence on the matter to EW, saying, "I probably would've answered it if people hadn't made such a big deal about it… But I'm not going to give the fiending an answer."



METRO NEWS SERVICES

Celebrity tweets

Kathy Griffin gives herself a little extra celebration, Ricky Martin has an incredible tolerance for toddler tinkling, Jane Fonda is proud of her son no matter what he's playing, and Perez Hilton suffers for his art.

• @officialkathyg
I admit it. I had a "secret cake" 4 my bday that I just finished. Yeah, 1 cake 4 friends and another 1 stored in the fridge 4 me. SUCK IT!

• @ricky_martin
the sound of the piano fills the house.played by minifingers.i wonder if my son is a pianist hehe

• @Janefonda
My son, Troy Garity is a guest on "House" as a troubled porn star Nov 16th. Don't miss!!

• @Perez Hilton
The price of glamour: glitter is EVERYWHERE now! But it was so worth it!

METRO WORLD NEWS

Peet ponders her own mortality

ANOTHER HOLLYWOOD SAG STORY Amanda Peet admits that she's powerless to stop the march of time. "It's not really working," she tells Parade magazine about her attempts to thwart the aging process.

METRO WORLD NEWS

Hubby loves my curves: Simpson

FROM THE TOO MUCH INFORMATION FILES Ashlee Simpson says husband Pete Wentz loves her stretch marks, femalefirst.co.uk reports. The singer admits her body has changed since giving birth to their 11-month-old son Bronx, but knows the Fall Out Boy rocker still finds her attractive. "Pete isn't worried about stretch marks. He always makes me feel sexy," she said.

METRO WORLD NEWS

Winehouse a real 'doll'

PLASTIC SURGERY REHAB? Amy Winehouse's new obsession with plastic surgery shows no signs of abating, sources tell the Sun. And she's reportedly already chosen what to augment next. "Everyone tells her there's nothing wrong with her nose, but Amy does nothing by halves," a source tells the newspaper.

"Since changing her boobs Amy has been scrutinizing her body. She loves all the compliments and wolf whistles she gets from her new figure. She's been sketching lots of drawings of herself and wants to bring out a doll for fans."

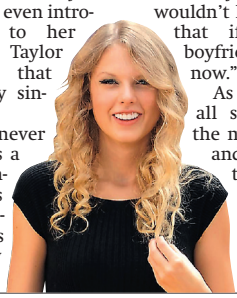
METRO WORLD NEWS

Swift still a single gal?

TEENS SAY THE DARNDEST THINGS Despite being spotted all over town together with New Moon star Taylor Lautner — and even introducing him to her mother — Taylor Swift insists that she's currently single.

"I've never thought it was a curse to be single," she tells InStyle magazine. "At this point in my life, I'm in the mind-set where I choose to be single — like I got to light scented candles and write in my diary and I wouldn't have time for that if I had a boyfriend right now."

As for Lautner, all she'll say on the matter is, "He and I have gotten really close."



METRO WORLD NEWS

File this under 'Icky'

LIKE FATHER LIKE DAUGHTER Former Scores strip club owner Elliot Osher is more than happy to dish on his past celebrity clientele, telling Rush & Molloy that Madonna once stiffed the staff, while Bruce Willis and Demi Moore treated the dancers like equals when they visited.

But the most shocking anecdote concerns Michael Lohan: "Lindsay Lohan's father once sat down and described the kind of dancer he was looking for," Osher alleges. "We sent some girls over. Funny, they all seemed to look like Lindsay. We ended up having to show him to the door."

Osher claims that Lindsay herself stopped by. "The next week, Lindsay wanted to meet the girls who'd danced for her dad."

METRO WORLD NEWS

The Weather Network ©The Weather Network 2009
Today Sunny 6° / -2°
Wednesday Sunny 6° / -3°
Thursday Mainly sunny 7° / 1°
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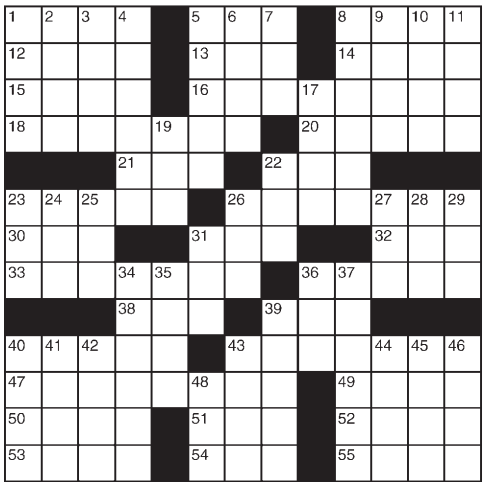
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Automaker Ransom Eli —
5 Wager
8 Footnote abbr.
12 Source
13 "That feels so good!"
14 Protuberance
15 Albacore, e.g.
16 Genesis subject
18 Depot
20 Water trench
21 Coffee vessel
22 Part of TGIF
23 Invigorating
26 Speech
30 "— the ramparts ..."
31 Pair
32 Diary writer Anais
33 Round of applause, e.g.
36 "I give up!"
38 Hostel
39 Work with
40 Sends forth
43 Rapture
47 Holiday from work
49 Base runner's goal
50 Paradise
51 "CSI" evidence
52 Basin accessory
53 Cincinnati team
54 Ukr. or Lith., once
55 McNally partner

DOWN

1 Leftovers
2 Lummox
3 Lisbon lady
4 Rank in a hierarchy
5 Quiche Lorraine ingredient
6 Deserve
7 Commonest English word
8 Just know
9 Seethe
10 "American —"
11 Say it ain't so
17 Taj Mahal city
19 Annoy
22 To and —
23 Greet the villain
24 Gun the engine
25 401(k) alternative
26 Possess
27 Letterhead abbr.
28 Lubricate
29 Away from SSW
31 Heavy weight
34 Tennessee NFLers
35 "Meet Me — Louis"
36 NAFTA contributor
37 Situated below
39 Of an arm bone
40 Always
41 Put together
42 On the rocks
43 Awfully long time
44 Hawkeyes' home
45 Portent
46 Geeky sort
48 Egos' counterparts

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		3	4	7		2		6
1		9	3					5
	4							
9		1			8			
		5				3		
			5			8		7
							6	
4					3	5		2
7		8		2	6	1		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	P	A	R	■	D	A	B	■	O	F	F	S
P	O	R	E	■	A	P	E	■	B	R	A	E
E	L	A	N	■	F	R	E	E	R	E	I	N
C	O	B	A	L	T	■	F	R	I	E	N	D
■	■	■	M	E	N	U	■	R	E	B	■	■
V	E	H	E	M	E	N	T	■	N	I	C	E
I	T	O	■	A	S	I	A	N	■	R	U	N
A	C	M	E	■	S	T	R	A	N	D	E	D
■	■	■	E	A	R	■	E	D	G	E	■	■
A	L	F	R	E	D	■	I	S	S	U	E	R
B	O	R	N	F	R	E	E	■	T	R	A	Y
E	P	E	E	■	E	N	S	■	E	S	S	E
L	E	E	R	■	W	E	T	■	D	A	Y	S

7	1	8	3	6	2	9	4	5
2	6	9	7	4	5	8	1	3
4	3	5	8	9	1	2	7	6
3	9	1	4	2	8	6	5	7
8	2	4	5	7	6	1	3	9
5	7	6	9	1	3	4	2	8
6	5	7	1	8	4	3	9	2
9	4	2	6	3	7	5	8	1
1	8	3	2	5	9	7	6	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Cinnamon-mustard Chicken with Sweet Potatoes and Peppers

INGREDIENTS:

2 tbsp (25 ml) wholegrain mustard
2 tsp (10 ml) ground cinnamon
1 cup (250 ml) apple juice
8 skinless, boneless chicken thighs
4 sweet potatoes, peeled and cut into chunky wedges
4 onions, quartered
2 red peppers, quartered lengthwise
2 yellow peppers, quartered lengthwise
2 tbsp (25 ml) olive oil

METHOD:

1. Preheat oven to 460°F (240°C). Mix mustard, cinnamon and apple juice in large ovenproof dish or roasting pan. Add chicken, turning pieces over to coat in apple dressing. Set aside.
2. Put sweet potato wedges in large pot. Pour in boiling water to cover and boil 5 minutes.
3. Drain sweet potatoes, then add to chicken with onions and peppers. Turn all vegetables in dressing to coat evenly, then turn chicken thighs once more and leave them skinned side up.
4. Season ingredients to taste and drizzle over oil. Roast 20 minutes or until chicken and vegetables are cooked and well browned. Test chicken by piercing thickest part with point of knife; juices should run clear, not pink. Serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Try to be a bit more secretive, especially if you are working on something that requires the surprise to be successful.

TAURUS ♉
APRIL 21-MAY 21
Stop worrying that you are not doing enough in the world. You're doing plenty. Today's Mercury-Saturn link indicates that success will be yours.

GEMINI ♊
MAY 22-JUNE 21
You seem to have the knack of making a little go a long way, and that applies to your emotions as well as to your money.

CANCER ♋
JUNE 22-JULY 22
Today's cosmic picture will help you wield the axe and cut back on the things in your life that are no longer important.

LEO ♌
JULY 23-AUG 23
What you are being asked to do may seem boring but if you do it well the rewards will be worth the effort.

VIRGO ♍
AUG 24-SEPT 22
There is rather a lot going on behind the scenes at the moment, so don't make any plans because they are sure to change over the next few days.

LIBRA ♎
SEPT 23-OCT 23
There is no point trying to force a confrontation with someone you don't get along with today.

SCORPIO ♏
OCT 24-NOV 22
You may think the worst is going to happen but you should know by now that is precisely the sort of attitude that encourages bad things to occur.

SAGITTARIUS ♐
NOV 23-DEC 21
A Mercury-Saturn link means your efforts will pay off in some way over the next 24 hours. That applies to all areas of your life, especially to friendships.

CAPRICORN ♑
DEC 22-JAN 20
You may not much enjoy what happens today but if you accept it as part of life's rich tapestry it won't seem so bad.

AQUARIUS ♒
JAN 21-FEB 18
Most of the time you are pretty easygoing but today you will want everything to be perfect, and if it isn't then those you deem responsible will pay.

PISCES ♓
FEB 19-MARCH 20
Aim to keep things simple today, because the more complicated you allow your life to get the more likely it is you will make a mistake.

TAKE A BREAK FROM WORK
Visit metronews.ca to watch
metrotube of the day

This day in history

1493: Christopher Columbus lands on Puerto Rico.
1558: Elizabethan era begins: Queen Mary I of England dies and is succeeded by her half-sister Elizabeth I of England.
1869: In Egypt, the Suez Canal, linking the Mediterranean Sea with the Red Sea, is inaugurated in an elaborate ceremony.
1876: Pyotr Ilyich Tchaikovsky's patriotic Slavonic March is given its première performance in Moscow, to a warm reception by the Russian people.
2004: Kmart Corp. announces it is buying Sears, Roebuck and Co. for US $11 billion and naming the newly merged company Sears Holdings Corporation.

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Conditions apply. *EX: Montreal.Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. ggv=gogo, ts=transat. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

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Orlando via Toronto
Disney's Pop Century Resort • 3★
Special offer 3 – Standard rm.
and 7-day Magic your way base ticket
Jan. 19 & 20 • 1 wk.
$849
+Taxes & other fees (including service charges): $131

Santa Clara
Barceló Cayo Santa Maria Beach Resort • 4★
All-Inclusive • Junior suite
Jan. 10 & 17 • 1 wk.
$999
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Jamaica
Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Jan. 2, 9, 23 & 30 • 1 wk.
PRIVILEGES
$1299
+Taxes & other fees (including service charges): $265

Samana via Toronto
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$999
+Taxes & other fees (including service charges): $317

Sol Cayo Santa Maria • 3 1/2★
All-Inclusive • Standard rm.
Dec. 20 • 1 wk.
$1069
+Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Los Cabos via Toronto
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 9 – 30 • 1 wk.
$1199
+Taxes & other fees (including service charges): $285

La Romana via Toronto
Gran Bahia Principe La Romana • 4 1/2★
All-Inclusive • Junior suite
Dec. 19 • 1 wk.
$999
+Taxes & other fees (including service charges): $317

Jamaica
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Jan. 2, 9, 23 & 30 • 1 wk.
$1199
+Taxes & other fees (including service charges): $265

Turks and Caicos
Comfort Suites • 2 1/2★
Continental breakfast
Junior suite – Run of the house
Dec. 21 & 28 • 1 wk.
$1299
+Taxes & other fees (including service charges): $223

DEAL to EUROPE

London
Royal National Hotel London • 3★
Breakfast • Standard rm.
Jan. 20, 21, 27 & 28 • 4 nts.
$547
+Taxes & other fees (including service charges): $400

DEAL on CRUISES

Princess Cruises[1]
Caribbean Princess®
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. K
Jan. 10 • 1 wk.
$1099
+Taxes & other fees (including service charges): $254

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Meliá Tropical • 4 1/2★
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Jan. 11 – 15 & 18 – 21 • 1 wk.
$1599
+Taxes & other fees (including service charges): $317

Paradisus Punta Cana • 5★
All-Inclusive • Deluxe junior suite
Jan. 11 – 15 & 18 – 21 • 1 wk.
$2199
+Taxes & other fees (including service charges): $317

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